

Health, however, is physical culture and just as in life

# THE WATER-CURE JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

## Physiology, Hydropathy, and the Laws of Life.

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GOOD THINGS IN STORE.—For our next volume we have sundry good things already prepared, among which we may name, "Ague and Fever," "Insensible Perspiration," and "Sea Bathing," by Dr. Shew; "Dying," by Dr. Jackson; "Hints to Women," by Mrs. Gleason; "Notes on Fruits and Fruit Culture," "Irritability of Brain," by Dr. Gleason; "Woman's Present and Future," by Dr. Harriet N. Austin; "Thoughts on Water-Cure," by Dr. Stephens; and "Infancy," by R. Roxana. Besides these, we have Essays, Miscellaneous Articles, Sketches of Experience, Voices from Home, Poetry, &c., in rich abundance. We hope and expect to make the JOURNAL still more interesting during the next six months, than it has been in the half year just past. We shall, at least, try.

HEALTH CONSISTS IN TEMPERANCE.—This is the truth, this is the law, primary and essential, which every youth should know. Know! Yes, know by heart. It should be written on every leaf, and every living thing. Yea, it is written on all that lives and moves. Animals, birds, fishes, vegetables—all are temperate but man, and all are full of rosy health but him. Will you not read it, O Youth! this law of temperance?—*Hopes and Helps.*

### Facts and Opinions.

Our numerous CONTRIBUTORS will answer for themselves. Each of them entertains opinions of his own. We do not endorse all we print, as all views and all systems, when properly presented, are allowed a place in the JOURNAL. We desire to "PROVE ALL THINGS," and to hold fast only "THAT WHICH IS GOOD."—PUBLISHERS.

### INTERMITTENT AND OTHER MALARIOUS FEVERS.

BY JOEL SHEW, M.D.

So common are ague and the other forms of miasmatic fever in many parts of the country in which the WATER-CURE JOURNAL circulates, I have long promised myself to make some remarks on the subject of these fevers, hoping thereby to do somewhat in supplying a palpable need in our hydropathic literature, since but little comparatively, thus far, has been said on the subject. The following remarks, therefore, are respectfully submitted to the reader, the writer having had not unfrequent occasions of treating these diseases. It is to be hoped, moreover, that others, also, who have had experience in treating these often intractable forms of fever, will give us their opinions on so important a subject.

Before proceeding to speak particularly of the different forms of miasmatic fever, it will be necessary to make some remarks on

#### MALARIA.

THE EXCITING CAUSE OF INTERMITTENT and REMITTENT fevers, as well as many of the forms of BILIOUS FEVER, is well known to be those invisible emanations coming from swampy, marshy, and other damp places, and arising from the decomposition of vegetable products. These have been designated, usually, by the name of *marsh miasmata*. Latterly, however, the Italian word *malaria*, which signifies *bad air*, has been adopted, and is on the whole a more elegant and convenient term. As a medical term *malaria* has by some been used to express any kind of impure air of which the writer wished to speak; but among the best authors of the present day, it means simply that kind of impure air of which I am now speaking. Large portions of the earth are scourged with the effects of malaria. But in no country, probably, are intermittents and remittents more common than in many parts of the United States. These diseases attack persons of all ages; the infant at the breast is liable to them, as well as those of advanced years. The middle-aged, however, are most subject to them, and

males more than females. Middle-aged persons are usually more actively engaged out of doors than either the younger or the older portions of community. Males, also, are for the same reason more exposed than females to malaria. Hence, therefore, the explanation of the facts which I have stated.

I have referred to malaria as the *exciting* cause of intermittents and remittents. But it is to be remembered in this connection, that however great the predisposing causes of disease might be, these forms of fever could not possibly occur if malaria did not exist. Malaria may therefore be said to be the *primary* exciting cause of these maladies.

Malaria is not perceptible to any of our ordinary senses. Of its physical and chemical qualities nothing whatever is known; we judge of it only by its effects. That there are emanations of this kind we know unequivocally, by the fact that the inhabitants of low marshy places are subject to the particular forms of fever of which we are speaking.

Temperature exerts an important influence in the production of miasmatic emanations. It is believed that no injurious consequences can arise from the decomposition of vegetable matters, provided the atmosphere does not range at a higher degree than 60 F. In accordance with the law of temperature, it is found that the further north we go the less liability there is to miasmatic fevers, and the further towards the equator the greater, for the reason that there is a greater intensity of the cause.

Moisture, also, is one of the necessary requisites to the production of malaria; but if it is in great quantity, it acts as a preventive. Moisture appears to have a strong affinity for the poison, and it is only after the rains and floods have subsided that miasmatic emanations are thrown off to any considerable extent. Heavy and long continued rains often break up malarious fevers, while a severe drought after copious rains is attended with their greatest prevalence.

Moisture is not only a means of producing malaria, but has great affinity for it. For this reason night air is more dangerous to breathe in miasmatic districts than the drier atmosphere after the sun has risen. It has been well ascertained that those who expose themselves in a miasmatic region to the fogs and dews of night, are more apt to be attacked with malarious fevers than such as remain within doors while the atmosphere is humid. The rule to avoid going out before breakfast or after tea, has in some instances been the means of preventing attacks of autumnal fevers, where, without this precaution, they had been common. Such at least are said to be the facts, although I cannot speak positively respecting them from my own observation. I am aware that

there is generally in society too great a prejudice against night air; and this, doubtless, should be taken into the account. Still I should consider that the sun would have the effect of purifying the air in a miasmatic district, and if so, night air should as much as possible be avoided.

It is not in swampy districts alone that agues are produced. Thus, for example, Manhattan Island, on which New York stands, is subject to miasmatic fevers over its whole surface where it is not paved. And yet it is not of a swampy character. Much or most of the Island is a rock, over which there is a stratum of fertile soil. The rock prevents the settling of moisture into the earth, so that after rains, in the latter part of summer or autumn, while the weather is yet warm, vegetable emanations are thrown off by the effect of the sun's rays. Vegetable decomposition is greater at and towards autumn, because vegetable life has for the most part run its course, and is consequently more subject to decay than in other parts of the year.

It is a well known fact, that the digging of canals and railroads, as well as the commencement of cultivation in a fertile country, is apt to be attended with malarious fevers. The reason is obvious from the fact that in turning up the earth vegetable products which have long been accumulating are thus exposed to moisture and the sun's heat, causing decomposition and the generation of the miasmatic poison. The draining off of lakes, ponds, &c., is often followed by agues, because by this process matters which were before quiescent have been thus set free. Submerging meadows, constructing mill-ponds, and the like, in fertile places, sometimes give rise to miasmatic fevers, where previously nothing of the kind had existed. The reason why fevers are produced under such circumstances, is that vegetable matters are brought more under the combined action of heat and moisture, and by which decomposition is made to go on more rapidly.

It is a somewhat singular circumstance that salt marshes do not produce agues. True, in some situations fevers of this kind occur near salt water. Such is true, for example, on some parts of Long Island, which is in general a remarkably healthy region. But if the matter is examined closely it will be found that agues occur only where there is stagnant fresh water. The springs in these parts are very copious, and the vegetation rank. But in no place where there is only salt water can ague be found. We are to account for this fact partly—1st. Because salt tends to preserve rather than to destroy vegetable matters. 2d. Because the tides rise and fall so frequently that impure matters are washed away by it. Running water of whatever kind always tends to prevent malaria.

I remarked that the island on which this city (New York) is built, is subject to agues. But it is a remarkable fact that miasmatic diseases do not occur within the limits of thickly inhabited parts of the city, unless the patient have been previously exposed to malaria in some other locality. "Though malarious diseases may rage around a city, and even invade the outskirts where the dwellings are comparatively few," observes Professor Wood, of Philadelphia, "yet they are unable to penetrate into the interior; and individuals who never leave the thickly-built parts almost always escape." This fact is said to be notorious in regard to the city of Rome, and from years of observation I can speak with confidence on the same point in reference to New York. What is it that should thus shield a large city from the effects of malaria? The fire and smoke of camps is said to have put a check to miasmatic poisons, and if so, we may conclude that the many fires of a city exert the same influence over them.

It appears, also, that the marsh poison is attracted towards, and has an affinity for the foliage of trees. It has been found dangerous in malarious places to go into a thick forest, and still more so to sleep in it at

night. But this source of peril, when properly understood, is capable of being made a means of protection from the miasmatic influence. In the territory of Guiana, where large trees abound, it is said that the settlers live fearlessly and unhurt, close to the most pestiferous marshes, and to leeward of them, provided that a screen or belt of trees is interposed.

In regard to the influence of winds upon the miasmatic poison, there are some curious and interesting facts. I have myself known persons who resided upon high points, two or three miles from any swamp or place that could possibly be suspected of generating any malarious influence, but who were yet constantly subject, in the latter part of summer and autumn, to severe attacks of intermittent and remittent fever. In one case of this kind which I have in my mind, the residence was situated in a southeasterly direction from the swamp, some three and a half or four miles distant. The winds were usually from the northwest, which I inferred was quite sufficient to account for malarious attacks. In this way it may happen that a low district near which malaria is generated is less unhealthy than those on an adjacent elevated part, towards which a prevalent wind blows. One side of a mountain may be perfectly healthy, while the other side, which is exposed to malarious emanations coming from a swamp or low district near, and lying in the direction of the more prevalent winds, may be very unhealthy. A thick wood it is said is sufficient, in some cases, to divert the course of a miasmatic wind, so that families, and even neighborhoods, may be thus protected from its influence. Dr. Joseph Parish, of Philadelphia, as we are informed by Dr. Wood, was in the habit of relating in his lectures, an instance that fell under his observation, in which a family, previously in good health, was attacked with a violent and fatal fever, apparently in consequence of having cut an avenue, for the sake of a more extensive view, through a wood which intervened between them and a large tract of marsh. The foregoing are important facts, and will serve as some guide to those who are compelled to select a residence in a malarious district.

There are other effects besides such as are connected with fevers, which are found to arise from inhaling the miasmatic poison, such as diarrhoea, dysentery, cholera infantum, cholera morbus, Asiatic cholera, affections of the stomach, spleen, liver, neuralgia, &c. It has been asserted that the race is liable to degenerate under the long-continued influence of malaria, and that they become smaller and weaker in their bodies, and less vigorous in their intellect under such circumstances than in healthy localities; their complexion becomes sallow and yellowish; they are prematurely old and wrinkled; even the children early acquire an aged aspect, and the spirits and intellects of those who dwell in these unhealthy spots are low and feeble, and partake of the degeneration of their bodily qualities.

It is a consideration of importance as to what extent the dietetic and other voluntary habits of the individual are capable of modifying the effects of miasmatic poisons. Some have supposed that by strict care in everything that pertains to health it is possible to prevent malarious fevers, however great the exposure may be. But this, doubtless, is going somewhat too far, although it must be admitted that much may be accomplished by prophylactic measures in warding off the effects of miasmatic poison. I have known cases

\* The inferior animals, as well as men, are found to suffer from malaria. If horses and cattle are transferred to a miasmatic from a healthy region, they are apt to sicken and die. It is said, also, that animals which are reared in malarious districts are generally unhealthy. I have been told repeatedly, by farmers and others from various parts of the West, that the livers of the domestic animals are seldom eaten on account of their being ulcerated or otherwise diseased.

in which it seemed that vegetarian diet, in connection with daily bathing and good habits, generally was the cause of avoiding bilious attacks, while those who did not adopt these precautions were almost sure to suffer with fever. In some cases, however, persons have wondered how it was possible for them to be attacked with fever when they had been so prudent and careful in diet and other hygienic habits. To account for the fact that a person may contract disease under malarious influence, however correct he may be in all the rules of hygiene, it is to be remembered that the air which we breathe exerts as great an influence on health as the food we eat. Hence it is that the most sedulous hygienist, who lives in a miasmatic district, may, in spite of all his good care, yet become a subject of fever. But with good habits the chances are much greater to run free from such attacks; and if one does come on it is much more readily managed, and in all respects safer than in the individual who lives freely, and takes no care of himself. Physiological well-doing is always rewarded in the physiological way, as much as moral well-doing in the moral part of our nature.

In the next number, AGUE AND FEVER, ITS NATURE AND TREATMENT, will be fully considered.

## A FRATERNAL EPISTLE.

Glen Haven Water-Cure, N. Y., }  
March 25, 1853. }

GILES W. JACKSON, ESQ.,

MY BROTHER:—You belong to the "great West"—a land teeming with all that can give one an idea of vastness—a land of boundless resources, inhabited by a vigorous, earnest, active, rapidly increasing population.

"Westward the star of Empire takes its way."

Though an Eastern man, my heart thrills with pride as I witness the development of the West. In wealth, in the arts, in literature, in freedom of opinion, in extension of commerce, in rapid and vigorous growth of town and city, in unfolding of the resources of the rural districts, in means of internal communication, in sagacity to discern and energy to grasp whatever will add to the strength, the dignity and character of our confederacy, the *West* already has assumed such influence as to give itself a name and power. The day has been when to acknowledge one's self a Western man, added nothing to one's force in any circle. It is no longer so. The hour has gone, and from this onward, the East will behold *sunsettings* quite as, if not *more* brilliant than its own *sunrises*. Power must pass from us to you. With the West must rest the destinies of the Republic. In one century from this time, perhaps in one-fourth part of it, Cincinnati and St. Louis will be more populous than any cities in the Union, excepting New York.

But setting aside the populousness of your cities, the character of your population is already in many leading elements, and is to be still more so, superior to ours. In proportion to your whole number, not counting your cities and large towns, there is much larger share of your people who are owners of *land*, having homes of their own, and able to live by manly toil, reaping independently the rewards of their own industry. Then the very settlement of a new country draws from the land whose people leave it, to take up their abodes in the forest or on the prairie, the most hardy and daring, the most enterprising and courageous of its citizens. Drones stay in the hive, and have no faculty of swarming. It is only the industrious who migrate and make to themselves homes. This fact applies extensively in its bearings on the character of the Western people. It is notorious that two elements combine to make up your inhabitants. First, *emigrants* from the Old States; second, *emigrants* from the Old World—both making and constituting *immigrants* to the New States, which spring up like magic, and paint themselves on the map of our country almost as suddenly as the paintings of a troop of Indians, a herd of buffaloes, or a caravan of travellers is spread out in *mirage* on the edges of the

distant horizon. Out of these two classes of people, with anything like common regard to the laws of life, must rise up a race not equalled since the creation. As a necessity, the twain must become one. The two must fuse, must cross, must mingle blood. It must be. The German, the Swede, the Swiss, the French, the English, the Scotch, the Welch, the Irish, cannot retain their distinctiveness. They must intermarry, and the other great element—the New England—cannot live apart, and beyond the operation of this great law; it must be thrown into the crucible and smelt, and take up its legitimate relation in the great compound. The spirit of the age presses on this result; the nature of the institutions of the United and the several States, broadly democratic as they are, or are seeking to be, also press toward this end. Man in the West is greater in his manhood than in his trappings, greater in his essential elements than in his circumstances, greater in his actually present than in any past relations, and so must necessarily yield to the great, broad, sweeping current of freedom of this nineteenth century.

The New Englander, on his own scrub-oak soil, or by the hearth-stones that glow red under his apple tree fogot and bog-peat fire, may with some degree of success ape the aristocratic air and bearing of an Old Englander. He may turn up his nose at sight of a German or an Irishman, as if it were savored with an unpleasant smell; but on your broad prairies, or in your magnificent forests, where the handiwork of God is so gloriously set forth, distinctions not arising in nature, nor absolute in themselves, but springing from false education, from a warped and narrow religious culture, from social exclusiveness, and from a feeling that there is no human brotherhood, cannot be kept up. They have no soil in whose depths to take root.

At this point the West is greatly in advance of us. Necessity has made you take the lead. The privations and hardships of a new country compel to union by the force of outward pressure, and by need of common sympathy. The kindly offers of assistance of your Irish or German neighbor may not be lightly disregarded. Help, heart-help, does not grow on every bush, and is not so at full swell that one cares not for the hour of its maturity. You are compelled to be social, and to be social is not favorable to the spirit of clanship.

The West is ahead of us in the liberalism of its ideas. Intellectually, after the ratio of advantages, you are outspeeding us. Your people think more freely than ours do; more universally think. Private thought is of higher grade, and of course private judgment is more freely exercised. Opinion is made up of broader aggregates than with us; the *people*—the masses helping to form and shape it. The Priest or the Levite, the Scribe or the Pharisee, the lawyer or the doctor, rules you not with rods of iron as with us. I am thankful that it is so. With such elements of greatness and with fair combination and culture of them, there must ultimately be reared a social fabric of exceeding beauty. One which shall secure the admiration of the world.

The social, for its symmetry of development, is dependent very materially on the appropriate cultivation of the individual man. Communities and societies are not usually marked by a higher grade of elevation than that which marks their inhabitants in their personal traits. To know one's self is a great step gained toward the obtaining of knowledge which can be made useful to others. I beg leave to call your attention, and that of the people of the West generally, to one means of growth, of advancement, of refinement, of moral and religious expansion of your already great, and rapidly increasing population, to which it has not been directed, I believe. I allude to THE PRESERVATION OF HEALTH.

In saying that public attention has not been generally called to this point, I have no desire to conceal from view the labors of individuals in this direction, I only mean to affirm that the effort never has been made with energy and earnestness to bring this question home to the masses of men and women. Intelligence, as far as the people are informed, has been confined mainly to acquaintance with modes and means supposed to be specially efficacious in the cure of disease, and these have all been faulty, inasmuch as they proceeded on principles in no way connected with the preservation of HEALTH. It does not take a man with a divining rod to tell, that the same general law by which you ward off disease, is that by which you cast out disease, and that any knowledge which one has by means of which he can cure the sick is of no avail, unless it also includes a knowledge of means, by which the person when cured is to "stay cured." For it is palpably absurd to be shut up to the necessity of curing people constantly. It is only a sham, such process. Really, there is no cure, no deliverance; it is only "whipping the devil round the stump"—a

labor quite unfruitful of benefits. Without HEALTH, the people of the West cannot be the great people which nature designs. It is in importance of the first magnitude; it is a hinge on which swings a large portion of those things which aggregatively constitute greatness. Without health one cannot make wealth. Without health there can be no high mental culture, for there can be no close application. Without health there can be no thorough moral discipline or religious growth, for one has no power over the passions when sick, nor over the emotions of his higher nature; both are subject to disease. Oratory, genius, invention, power, spiritual enthusiasm, mental training, endurance and strength of physical labor, are not sure to any man in the absence of the normal action of his bodily powers. Diseased, he is fettered. Enslaved, sold for a song. Others pass him daily in the race of life, and win away his prizes. There is no curse on this earth like the loss of health. It makes one so dependent. It makes one so miserable. It places one so readily on the charity list, where, if you are not dependent for bread, you are for ten thousand other little things, which good in themselves, sicken and sadden when doled out to one in circumstances inevitably calculated to press home to him the conviction of his nothingness.

In a late letter you allude to the sickness prevalent in your State at this time, and beg to know "if the Water-Cure can cure typhus and typhoid fevers, for doctors in this (your) region are coming to admit, that they cannot do it with drugs." You also "want information about liver complaint, dyspepsia, dumb ague, prolapsus uteri, &c., and whether the Water-Cure can help in these cases." Glad am I to be permitted to give you this information, and as this letter will appear in a number of the JOURNAL commencing a new volume,\* it will be sent to many persons who are not subscribers, but who, I hope, on looking over it, will be induced to book their names as such. To induce them, and you among them to do it, let me attempt to tell you what Water-Cure is, and what Water-Cure advocates are trying to do, and then you can judge what are its claims to confidence.

1st. One cardinal point is, that in the maintenance of health, or the cure of disease, the use of medicine is unnecessary. We deny the curative action of drugs, and have yet to meet the first recorded case of which such claim could be set up. We do not deny, that sick people who take drugs sometimes,—sometimes did I say?—sometimes take drugs, and get well of their sickness, but this results in spite of the drugs taken. Or, the persons who were sick have undergone a change of disease simply, less virulent, but none the less deadly.

Many of the ablest writers in the allopathic school admit the impossibility of curing chronic diseases by medicine. And many more admit it in their practice daily, who have cases to whom they give no medicine, recommending, instead, means entirely hygienic. In acute diseases, the drug doctors speculate and experiment more extensively, but in this sphere occasionally men arise, who have the magnanimity to admit, that with no certainty can they calculate on their medicines, they utterly failing under the most favorable combination of symptoms to exhibit those effects for the production of which it is supposed they are specifically adapted. Thus, daily, calomel, opium, quinine, lobelia, belladonna, acornite, rhus, toxicodendron, iodine, arsenic, cantharides, podophyllin, and the innumerable host of *deedly* poisons, whose name is legion, and in whose tail there are a thousand stings, are given, and effects are looked for, calculated on, but exactly opposite effects are produced. Am I not right? How often is opium given to induce sleep, and the sick person be the more wakeful for it? Is it not a common fact to administer calomel to stimulate the liver to increased action, and to have, as a result, thorough inactivity of that organ? Do not physicians daily give cathartics to relieve costiveness, and thereby make it permanent? Do not they give brandy to tone up the stomachs of dyspeptics, and thereby often rather than any other result produce complete loss of tone of that organ? Do they not give cantharides to cure dropsy, and then have to commence the process of tapping, and keep it up till the patient dies? Do they not give iodine to reduce enlarged lymphatics, and have suppuration of the glands follow its administration? What are the facts? Do they or do they not get results such as the books tell about in half the cases they treat? I do not ask do their patients live through the attacks of their diseases and the administrative attendance of their physicians? That is not the question. But do these medicine-givers, with their so-called specifics, get specific effects? I deny that they do, and if they do not, but get something else not looked for, the theory of the curative action of drugs

is a mistake—and if persisted in will swell into a fraud. Already, as far as the people are concerned, it is now in my opinion the sheerest humbug, and were it not that there is necessarily so much of the serio-tragical in it, the whole practice would be thoroughly ludicrous. At best, it is supremely ridiculous, and has nothing but age, and the respectability which age gives, to redeem it from condign contempt. By and bye, age cannot shield it from sneers. In a monograph on typhus fever, published in 1831, Professor Nathan Smith of Yale College says:

"I am clearly of opinion that we had better leave typhus fever to cure itself, as medicines, especially powerful ones, are more likely to do harm than good."

The professor was right. Drugs kill, or if they do not kill, they tend to kill, they do more harm than good. Think of the curative properties of poisons. What makes arsenic everywhere labelled a poison? Why by universal consent is prussic acid regarded, stamped, labelled, and considered a poison? Why do legislatures pass enactments forbidding druggists to sell arsenic or other particular drugs without labelling them when done up, so plainly as to leave no possible ground for mistake—as poisons? Is it not because the legitimate effects of them on the human body is to destroy its vitality? to kill it? Then by what cunning, or skill, or legerdemain, or power of transmutation is it, that a man with a piece of parchment in his office, inscribed in Latin characters, can take these substances and introduce them into the body—set them going into the circulation, and have them tend to cure and not kill? Is it that on introduction they undergo a change? are chemically altered? This is not the fact. Persons who are killed by arsenic show in their stomachs its presence. Persons who have taken mercury have had it pass from the body through the skin in an unchanged state. Persons who have had iodine administered for scrofula, have had its smell unmistakably exhibited in their pus. Those who have taken oil of turpentine have months, yes, years after taking it sent forth its odor in their urine. Sick people have taken the wine of colchicum and tasted it plainly a year after its administration. Persons who have taken lobelia have had its presence exhibited and its usual effects shown years after it was given. Opium-eaters are liable to attacks of lethargy for years after they give up its use. Men have gone from the East to the West, travelled through it, and returned, to have the western fever eighteen months after their return, and die. Men go into a room where typhus fever is and come out without injury; others go in, come out, and are taken sick and die. Men settle down on the edge of a stagnant mill-pond and have intermittent fever. Men take three little pellets of strychnine from the hands of a homoeopathic physician and are smitten with paralysis for life. Women take homoeopathic medicine and are poisoned well-nigh to death by it. Boys chew and smoke tobacco and are palsied, smitten in their early budding like a peach-bud in a frost. Girls eat chalk and lime and slate, and lose their color and flesh and agility, and mental activity. What in the name of Heaven do these facts prove, but that poison is poison everywhere, and always is poison, and that its effects on the human body are modified by the vitality of the persons taking it, and not by any chemical change undergone,—that the worst possible use you can put a sick man to is to give him medicine; that if you want to kill him you have only to drug him, and if you do not kill him you will most probably make him diseased all his days—wasting away all the greenness and freshness of his existence, so that life looks to him as desolate as a burned prairie.

Nor is the absurdity of giving drugs lessened by the assertion, that in diseased states the body is in such conditions as to render that promotive of health, which in healthful conditions would be destructive. Such statement only makes the absurdity the more glaring. Because, that whose natural and organic influence is to disturb and derange the functions, can have no force to arrange and build them up. Besides, the falsity of the position is proved from the law of animal instincts. Go among uncivilized men, men of the woods, men of nature who know nothing of the arts and the mysteries of our sort of life; every scrap of proof on record shows that their medicines consisted of simples, whose juices do not kill. Step into the sphere of merely animal life. What animal, whose habits have been studied, is there, which sick, takes any plant as a remedy, whose qualities, if taken when it is well, would make it sick? I know of none. Instinct is better than the reason of all the drug doctors. Instinct is true to the law of life, and never gives its assent to the false formula that, that whose province is to kill, can, by some sort of abracadabra, be made to cure. But there is another view still to be taken of this subject not less conclusive than those already taken. It is this:

No matter how small the quantity taken, and under exhibitions apparently the most healthful, the poison—

\* The article was prepared for the July number, but we afterwards decided to print it in this.—Ede.

ous properties of substances when taken into the living system show themselves, if in no other form, by the vassalage to which they reduce its functions. Thus, the action of arsenic on the nutritive organs, given in homœopathic doses, adds for a while greatly to their activity, in many instances increasing the flesh of the patient, but at last nutrition in its absence is impossible. So also of the use of common salt. Cases come under my charge of the influence of this substance on the assimilative organs that prove, *that as used it is very destructive to health.* So of tobacco, and opium, and alcohol. To live, one must keep on in their use, and at length one dies by their use, they inducing organic changes or loss of vitality, to a degree incompatible with life. Such are daily dying in every city and rural district, in every hamlet and neighborhood, and the doctors call God to witness, that He has providentially taken them away, whilst we water doctors call Him to witness that they have died by "*slow poison.*"

Now the Creator is not a poisoner, His hands are clean of human blood. His laws are just, and His sympathies are with His laws, and these tend to preserve life and never to destroy it.

The view just taken has additional effect given it in the practice of the Austrian coach-drivers. It is the universal practice in that kingdom to feed daily to the public coach-horses small doses of arsenic. The drivers carry with them a little dust-box filled with the poison, and sprinkle it over their grain. The animals grow fat on it, sometimes exceedingly fat, for a while, but two things result: 1st. The system comes to need it so as that it grows poor, flabby, and atrophied, in spite of all nutriment, unless the arsenic is continued. 2d. At last it breaks down from its use, and the animal dies. Travellers remark that coach-horses in Austria look better than any horses in public use on the continent. Yet they superannate earlier and die much sooner. This shows how deceptive appearances may be, and if true of animals, it is not less likely to be true of human beings.

With all the superiority over us of the East in the natural characteristics of your population, we are not so completely the victims of drug medication as you are. To a good degree we are becoming enlightened on the subject of the fallacies of the healing art. You Western people live on calomel and lobelia. I beg of you to abjure the whole materia medica, and take to Water-Cure. If you need counsel call a physician, and pay him for his wisdom, but not for abstracting your life-blood, nor for his nauseous pills.

When I hear of the intermittent and bilious, the typhus and typhoid fevers of the West, and the typhus and yellow fevers of the South. I say to myself, poor souls! smitten of drugs and afflicted, stuffed with calomel and killed, whilst running by your doors or bubbling up in your wells is the water of life, powerful to save.

Would to God that I could make my voice heard over your prairies and the savannas of the South, I would say,

As a remedial agent when sick, Water is equal to your wants.

When in Health, Water will, properly applied, keep you in health. The water treatment will not send cramps into your muscles, nor pain into your bones. It will not make your joints stiff, nor rot out your teeth, nor make you deaf or blind, nor cause your hair to fall off, nor destroy your appetite, nor shatter your nervous system, nor corrupt your blood, nor take away your strength. Its modes are modes of pleasantness, and all its ways are peace.

To prove its virtue I have had ample opportunity. In chronic diseases the Faculty of all schools admit its power. "Oh!" say they, when cornered up by absurd facts—"in diseases of long standing, where medicine is of no value, very likely, water is a good thing; but in acute diseases you can do nothing with it." How mistaken! Much as it is to be prized for its influence in dislodging chronic disease, it is even more valuable in acute diseases. Let me give you some statistics. Since last August I have had brought to me from distances of two to twelve miles, eighteen cases of typhus fever, ranging from those of a moderate to those of the severest type. I have cured every one, whilst the drug doctors of all schools have lost patients.

I have treated one case of puerperal fever, of the most perilous type, and saved the woman. I have treated a case of inflammation of the uterus, acute, and producing horrible suffering, and cured it, though the patient had had the best medical skill in her vicinity, and to no avail. A woman was brought to me raving mad, said by physicians to have had for a few days previous, an attack of rheumatism of the hip, though I think it was neuralgia. At any rate, they decided the case desperate, and she was cured by water treatment. I will report some cases.

#### NO. I.—TYPHUS FEVER.

Was a man fifty years old or more; large, muscular man, two hundred and twenty pounds in weight. Taken with typhus fever, became deranged; his family called an allopathic physician, who gave him thirty grains of calomel at one dose. Case proved alarming; physician called counsel, who declared it desperate. Family and friends grew alarmed, sent messenger to know if I would take the man; decided I would, and he was brought to the Glen on a bed. Symptoms on arrival.

Head hot, eyes protruding and glassy, but stupid looking; pulse 140; skin on the body very hot, hands and feet cold, and blood under the finger nails purplish; tongue coated with thick whitish-brown furze; tender on the track of the spine, sore on the abdomen; water dark colored, bowels inactive; had thirty grains of calomel in him. Neighbors said he must die. Doctors said there was not water enough in Skatealea lake to save him. In three weeks from the time he came to the Glen, he rode four miles to his home in a buggy, and could have walked quarter of a mile with ease.

He had, when he came, a blister on his back at least six inches square. In eight days I healed it over with a new skin, so that the hand could rub it and not hurt. At the same time I had brought out a rash, red and fiery, all over his trunk, which concentrated in boils, and before he left the Glen we opened over five hundred boils, from the size of a pea to the size of a butternut.

What do your drug doctors say to it? I gave not the infinitesimal of a pellet of drugs.

#### NO. II.—PUERPERAL FEVER.

This patient was with confinement of her first child. In my opinion lived badly previous to confinement. Had an allopathist for accoucheur, but I was called after the birth of her child. She followed my prescriptions, and did finely. On the eighth day took cold, and at ten o'clock at night I was called on to attend her. She had retired to rest, fallen asleep, woke up shivering at a terrible rate, her teeth chattering like a ghost's in the night wind, whilst terribly sharp pains were darting through the lower abdomen, drawing her up in a heap, making her scream in agony, and rendering the hypogastrium, or lower region of the bowels, so tender as to make touch well nigh impossible. There was no doubt what was the matter. Inflammation of the peritoneum had set in, and was fast making headway. Now the thing I did was, not to weaken her by letting blood, for she was as pale as alabaster—nor distress her by the introduction to her stomach of nauseating poisons; but it was to lay cloths, wrung out of hot water, over the abdomen, and to pursue that steadily for sixteen hours, changing them as often as once in six minutes. At the end of twenty-four hours I had the woman back into life, but in six days she foolishly overtasked herself, and was seized anew, and I thought she would die. But I followed the same prescription for nearly the same length of time, reduced the inflammation, and then by very gentle, mild, discriminating treatment, secured her recovery. She is in as good health as she can ever expect, at this time. I have not the least doubt that in the first instance, before any medicine would have acted on her, she would have gone into convulsions, spasms and death.

#### NO. III.—LUNG FEVER.

About the 25th of March, my youngest son, along in the afternoon, complained bitterly of difficulty of breathing, chilliness over the body, and pressure of the brain. Toward night he said he was sick, very sick, and what was unusual for him, cried. In the evening he complained of chilliness, and as his mother could not attend to him, I had him undressed and get into my own bed. Soon after he was affected with trembling over his whole body, said he could not breathe. His feet and abdomen were cold, his chest was very hot, his pulse became uncountable, and he insisted he should suffocate. His hands and feet had no visible veins, and we were all alarmed about him. It was with the greatest difficulty he could respire. I had a half-bath prepared at one hundred degrees, put him into it, rubbed him thoroughly for five minutes, then put him into a pack, putting over his lungs a woollen cloth wrung out of hot water, and then wrapping him up, let him lie forty-five minutes; at the expiration of that time, took him out and gave him half-bath at eighty-five, five minutes; took him out, rubbed him well, put him into pack, let him lie thirty minutes; took him out, gave him half-bath at eighty, three minutes, gave him good rubbing; put wet chest and neck bandages on him, and laid him in his bed. In twenty minutes he was asleep, and rested well all the remainder of the night. In the morning, with the

exception of being weak, and pale about the wings of the nose, he was well, and in two days was out of doors.

#### NO. IV.—NEURALGIA OF THE BRAIN.

About the middle of February there came to my house a young man, asking me to go and see a Mrs. —, who had been lying for some weeks crazy, and whose case was thought very critical. I took my assistant lady physician into my cutter, and went some nine miles in the night to the residence of the patient. We found her in a dangerous condition. She had been troubled for a year and a half with rheumatism of the hip, though I think it was neuralgia, making her lame, and for some few weeks previous had rendered her quite unable to walk much. She could get about for an hour or two, but then would have to "give up." About ten days previous to our visit, her husband reported, that at midnight he was awakened by an exclamation from his wife, "Oh, how happy I am!" He thought it strange, but did not know but she was dreaming. It proved, however, that she was deranged, and from that hour had only transient lucid intervals. The last two days hopes of her recovery had been pretty much abandoned. Her condition was as follows:

Head extremely hot over its whole surface; eyes very much protruding, tongue red and very fiery; surface of the body, hands and feet cold and clammy. Once in three or four hours would have a paroxysm of furious insanity. She belonged to a family addicted constitutionally to neuralgia in its severer forms.

We packed the woman, gave her a bath, and thereby improved the surface heat of the body. I then told the husband that it was impossible for me to attend the case at his house, and advised him, if he wished hydropathic treatment applied, to take her in the morning, and bring her in a bed to Glen Haven. Despite all neighborhood and allopathic medical prescriptions, I believed if I had her at the Glen, I could save her. We left. Whether she would be brought or not, we knew not, but I told him that unless she was helped in a week she would never get better. It seems he decided to bring her, and his neighbors learning it, remonstrated, telling him that water would kill her. To their objections he opposed their own previous admissions, "that she never could be cured, that she must die," &c., &c., and such being their opinions and those of the doctors, he thought it his duty to try what hydropathy could do for her. So he brought her. She arrived at the Glen in the wildest madness. We put her in bed, wrapping her up in cloths warm, but she would throw them off, and rave like Cassandra.

I ordered a half-bath at one hundred degrees; had a pack prepared with two linen sheets wet in water at eighty, and scarcely wrung, spread on it, and then struggling, and fighting, and screaming so that one could hear her a hundred rods, we put her into the half-bath, and four of us, two females, her husband and myself, rubbed her for eight minutes. It was poorly done at best, on account of her determined resistance. We then took her and by main force packed her, and did it so snugly that struggle was of little avail. I took my seat by her side to watch the reaction, and see the effect on the brain of returning circulation to the skin.

She kept up her moaning for about forty-five minutes, then became quiet, and was evidently easier. At the end of an hour and fifteen minutes we unpacked her, and found her skin hot as though she had come forth from a steam bath. The coldness and bloodlessness were gone, and instead were heat and surface redness. We followed by a half-bath at ninety and eighty degrees, for five minutes, wiping her dry, and giving plentiful hand rubbing, and then enveloped her in wet bandages from ears to the hips, covered by dry ones, and put her in bed, keeping her feet and hands from getting cold. At 9 p. m. gave her a powerful injection, and changed her bandages; and the poor creature whose eyes had stared wide open for long days and nights, fell into a quiet slumber. In three days we had a fiery red rash all over her back, in four days we broke the paroxysm of insanity so she knew her husband, in six days she was rational, ate a little, and in four weeks left my establishment, able to ride home erect, in full possession of her reason, and is now the best evidence which her neighbors could ask of the Water-cure. The whole valley in which she resides yields the point, and all admit the potency of the *New Remedy*.

I admit that Water-Cure as a science is yet somewhat unsymmetrical, but it is none the less scientific because its principles have not received that practical elaboration which gives polish and proportion. New ideas have new paths to tread. The old ways are always crowded. The *new Truth* has to hew its own way. It has rubbish to remove and a highway to cast up before its adaptability to human wants can be



measured. New ideas are also necessarily radical. They are so by reason of their newness. Radicalism typifies them as conservatism typifies old ideas. New ideas have no affinity for old ideas, usually. They spring up in antagonism of, or at least in contravention of old ideas; and because the old were either deficient or imperfect, or because man had grown beyond the authority of the old. The Water-Cure is not in the least degree indebted to the old medical schools, nor to members of the old medical fraternities as such, either for its birth or its present development, and will not be for its future growth. How can it be? They are all moss-grown with years, rusty and ready to topple with age. Their very continuance depends on their *vis-inertia*. Set them where the breath of free opinion shall press on them, and they give way like an ancient ruin under the pressure of a wind current. The Water-Cure had its birth in the brain of an Austrian peasant, was nursed by him, protected by him, defended by him, and by him demonstrated to be one of those new movements—those great issues, which in long intervals, God makes with the human race to prove the loving kindness that he bears to it. It sprang from a man of the people; it appeals to the people for protection. It blesses and is to bless the people. And the people will yet appreciate its value. Thus far its physicians, the leading minds in the revolution, are men and women of the people. They value truth above prestige, and the welfare of the race above prejudices. They cherish the hope of seeing man as such grow healthful, wealthy and truthful.

In this benign work, you can do much. You can yourself take, you can urge others to take the WATER-CURE JOURNAL. In any family it is worth its cost ten times told. You can live, and bring your children up to live, free from all those indulgences which enervate rather than make strong, which make foul rather than keep pure the body, which stimulate rather than give nutrition, which strongly provoke to the establishment of bad habits rather than tend to their subduction; and so, far more extensively than at first thought you may suppose, secure for yourself and family guarantees against the diseases that infect your climate, and occasionally sweep hurricane-like over whole settlements. But beyond this you, and all who read this and do likewise, and have children, will leave behind you the best possible assurance that your children will step into life and meet its temptations as a strong swimmer meets a rough swell in a deep sea—buoyantly and successfully, to riding its crest with undaunted front, not sinking like a drunken man to the bottom. Affectionately yours,

JAMES C. JACKSON, M.D.

### A "REGULAR" EDITOR.

BY S. O. GLEASON, M.D.

In the March number of the WATER-CURE JOURNAL, I published an article entitled 'The Signs of the Times.' C. D. Griswold, M.D., editor of an Allopathic Journal, entitled *The Esculapian*, published in New York, takes great offence, and comes out on me in a decidedly abrupt manner for the production of such an article. His introductory remarks are comprised in two lines. Then come the selections from my article, at which he aims his "lancet," and upon which he spreads his "blister plaster."

"S. O. Gleason, M.D., in abusing our profession, makes use of the following Water-Cure arguments:—  
"These regulars are trained to a sheet-iron-collar stiffness and tonic spasmodic rigidity, in order to maintain a dignity consonant with their high development, magnanimous aims, and strong attachment to their '*Alma Mater*'..." As decay is written in legible characters on the doors of the temple of Esculapius, the "orthodox" have cast themselves about to find a remedy against the unyielding hand of time and march of mind. In Edinburgh, I am informed that "medical students are required to bind themselves," even under heavy penalties, not to depart, in theory or practice, from the creed taught them by their professors." . . . "Let medical Hunkerism struggle, bleed, blister, purge, and vomit its schools, till none shall be there but those who will swear to live and die by its most sacred faith, and ere long its halls will be empty, while owls hoot therein, and satyrs dance to the doleful music of their death dirge."

"Hear him, O Heavens; give ear, O Earth."

"No, Sir; you are very much mistaken. Such measures are being adopted merely to prevent the birth into our profession of such as you, who have no higher aim than to obtain an M. D., for the purpose of parading it before the community as an evidence of respectability, and to obtain a living thereby, while at the same time, you turn traitor to the Institution to which you owe your position, and seek to hiss and sting the *Alma Mater* that gave birth to your professional existence. Surely the mother has a right to protect herself against the venom of such offspring."

Friend Griswold does not attempt to deny that the Old School takes the measures charged against it in my article, to prevent the admission of any student into their colleges who they suspect will dare to *think* or *do* anything different from the doctrines taught, or the principles inculcated therein.

He gravely charges me with "turning traitor to the Institution which gave birth to my professional existence." *This I deny.* My *Alma Mater* I love, honor, and revere—so far as she taught me science—so far as she gave me true knowledge of disease, taught me how to allay suffering. Much I owe to her. I shall ever give her my *heart-felt gratitude* for the great kindness bestowed, and indefatigable care exercised, to give me and others what she thought to be *sound doctrine*. There is not an allusion disrespectful or commendatory in my article towards the college from which I graduated. It seems that the *learned editor*, for want of something to spit out his venom upon, made a false charge against me. Why did not he deny the charge which I made, and prove me false, or *keep silent like a man*?

It is due to me that the following statement be made: I followed the doctrines taught me in the schools; I gave the remedies recommended with as good success as any of my brother practitioners. To satisfy any inquirer on this point, let me say, that I was hired by a large number of respectable families in Schoharie County, in this State, to take the charge of their families as their physician. At the end of the first year of my practice, I found what all the profession find, that there are a host of chronic diseases, for which medicine can do but little.

I gave my numerous friends notice of my intentions to leave. They offered to raise my salary, and earnestly requested me to stay. Without solicitation, some even gave me money from their pockets, above their specified contracts, and thanked me besides; because, they said, "I had not *injured* their families by over-medication." I travelled, and met able physicians in different sections. I found, in conversing with them, that they were ready to confess that medicine did but little for chronic disease, and *all said* "they had more or less cases that they wished off their hands." Reading from authors, I frequently found sentiments like the following: Says Dr. James Johnson, one of the defenders and champions of the Allopathic School:—"Not one case in ten of chronic diseases can be *cured at all*; and that the most we can expect, is a mitigation of suffering." Now after seven years of experience in treating chronic disease in a Hydro-pathic establishment—during which time near 3000 cases have come under my care—I affirm that where there is no organic disease, they *all are curable*.

We owe much to the medical profession of past ages as well as the present, for the development of the therapeutical effects of water. Much that is of inestimable value in a multitude of directions, has come to us from the labor and toil of ardent and honest men in the profession to which we belong. We claim the same prerogative to use any remedy, or employ any means, upon scientific principles, in combating disease, that belongs to any member of the profession. We claim the same right to be out-spoken against evils in as well as out of the pale of orthodox practice.

I am charged with "obtaining an M. D. for the purpose of parading it before the community, as an

evidence of respectability, and to obtain a living thereby." A man in these times, with a parchment in his pocket, declaring him to be an M. D., carries sublime evidence and incontrovertible testimony of respectability, truly! What a discovery for Dr. Griswold to make. When he comes to die, he ought to be entitled to a "free passage" over the river Styx! Why, any ninny with a moustache, whiskers, and money, can obtain a diploma by paying for it. There are already too many vagabonds carrying about with them such "evidences of respectability," to give the community confidence in any man, simply because he has an M. D. attached to his name. The best use to which very many graduates of medicine could put their diplomas to, would be on the seat of their inexpressibles while waiting for practice.

"To hiss and sting our *Alma Mater*" is not our object. Our dear, good, blessed brother, Dr. Griswold, sits so uneasy in his editorial chair, that I really pity him. He strives so hard to find some place on us where he can apply his scarificator. Let me say, to appease the doctor's ire, that we received no injunction to follow implicitly and blindly the doctrines and practice taught us in the medical college from which we graduated. No, sir, the air of the Green Mountains is too free for any such proscriptive spirit to dwell there. We were not asked to wear the iron collar of servitude, or else have our diplomas taken from us, as some medical schools propose to do to their students who do not practise just as they were taught.

On the contrary, we were told that *change* had ever marked medical practice—that whatsoever we found practical in the instructions given to adopt, and to reject what we found false. We were told that the book of nature was open to us—that we had learned her alphabet, and that we must read her language for ourselves and become our own interpreters. We were taught that *medical science is progressive*. We never heard from our professors that the medical schools of Edinburgh, St. Louis, or Cincinnati, had attained unto *perfection in medical science*. This is another modern discovery. We know by observation, reading, and the confessions of many eminent men in the profession, that but little, if any, better success attended the modern than the ancient practitioner. I hope all wisdom will not die with some of the modern proscriptive schools. Chain the lion—hush Niagara's roar—arrest the comet in its fierce career—but the *human mind* cannot, in the middle of the nineteenth century, be made quietly to submit to such restrictions as are adopted and proposed by some medical schools.

"Surely (says the Dr.) the mother has a right to protect herself against the venom of such an offspring." Now, sir, I am glad that I do not owe my "professional existence" to such a "mother" as some of the modern proscriptive ones are, that send out annually a hungry brood of young Drs., to curse the community with the dreadful results of the administration of mercury, antimony, iodine, and a host of other equally dangerous drugs.

It is against proscription, against free thinking and acting, as a medical man, that I protest. That this spirit exists in the medical profession, among colleges and professors, and some *distinguished editors*, none will pretend to deny. Are medical men as a body ready to receive new discoveries and put them in practice if they are not born in the profession? How have some of the most brilliant discoveries been received, even though made by members of the faculty? We do not need a "medium" to call up the "departed spirits" of Jennu, of Ambrose Parr, of Harvey, to show how bitter and venomous has been the persecution of some of the very first men in the profession.

We do not believe in the infallibility of the Pope, nor in the Edinburgh Medical College, nor in any medical institution in this or any other country. Neither do we bow in silent submission to the thus

"saith the Lord" of any editor of any medical periodical. "Give me liberty" of thought, freedom of action, "or give me death." No medical man of any spirit will submit to servitude and proscription—no, not even to the dictation of the ghost of *Esculapius*.—*Elmira Water-Cure*.

## A CASE OF SCROFULA.

BY JAREZ GREENE

WHEN the patient, Mr. G. B., aged 33, commenced the water-treatment, there were upon the top of his head, located at a small distance from each other, three corroding ulcers, all of which had penetrated through the skull down to the dura mater. The largest of these had existed for five years; in it the dura mater, which seemed to resist entirely the corroding action going on above it, was open to view of the size and shape of a five franc piece, the skull and scalp above it having been entirely consumed. The corroding action seemed to be confined entirely to the edge of the skull and scalp, around the entire circle of which, acting equally upon both, the decomposing processes were constantly going on. The two other tumors seemed to be governed by exactly the same laws. In the oldest of these, a portion of the dura mater of the size of a shilling piece was visible. The other was not quite so far advanced.

Bad as this may appear, the worst remains to be told. The patient's eyelids were almost entirely consumed by the action of the corroding humors upon their edges. The eyeballs seemed almost entirely to escape the action of the destructive humors which had consumed the lids; although for years the patient had been unable to sleep except in such a position that the fluids which exuded from the consuming lids during sleep, should not fall upon the sensitive eyeballs. He could sleep only with his face downwards. There was an abnormal amount of the circulating fluids and of heat in the upper parts of the system, while the feet and legs remained almost constantly cold, the digestive organs were in a tolerably good condition, appetite generally good. By having the bandages, which had to be kept constantly over his eyes to exclude the light and air, so arranged as to enable him to see the ground a few feet in front, he was able to take long walks, and he still retained what in his condition would be regarded a large amount of courage and vivacity. I consider the early history of this case so interesting (and instructive withal) that I feel constrained, before detailing the treatment, adopted in this case, in as concise a manner as possible to give it, although at the risk of making this article too long.

Mr. G. B. was a man of a liberal education, of great mental activity and industry, and of unusually careful and abstemious dietetic habits, which arose, no doubt, from the fact that his mother had died of scrofula at an early age, and the impression that he was constitutionally predisposed to the same disease. He was the teacher of a select school in Western New York. He used neither tea nor coffee, and his morning bath and morning walk were seldom omitted. As soon as the first tumor appeared upon the head he sought the ablest medical advice he could obtain, and followed prescriptions with the utmost punctuality. The disease, however, continued slowly but steadily to advance. The corrosive humors in the tumor seemed to be acting upon both the skull and scalp. Finding that medicine had no tendency to check its progress, he now, for the purpose of changing more effectually his habits, and taking more exercise in the open air, gave up his school, although it was in a most flourishing condition, and obtained the appointment of County Superintendent of Common Schools, for which office he was well qualified, and continued to discharge its duties with industry and success, travelling always on

foot, for, we think, upwards of two years. During this time he omitted no opportunity of consulting medical men, and adopting any suggestions which seemed to promise relief. He had successively abandoned the use of meat, butter, salt, spices, &c., and made his diet in all respects as simple as possible. But such was the latent force and extent of this most undoubtedly hereditary disease, that all these wise and judicious measures failed.

A piece of the bone of the skull in the oldest tumor (for by this time there were three) had become loosened down to the dura mater, and was taken out and preserved. Its appearance was curious. In diameter it was equal to the largest size quarter dollar, almost exactly round. It was very thin around its edge, and nearly the natural thickness in the centre. Over its whole surface it was perforated thickly with holes of the size of a common sewing needle. The patient had now returned home and given up all business. Medical men had come to regard his case as beyond their power, and had told him frankly they knew not what to do. His hopes of help from them had long been dwindling away; his previous earnings too were by this time all expended. There remained yet one thing more to try. Advertisements had told wonders of "Townsend's Sarsaparilla," as a cure for scrofula. He determined to try it. To obtain it, his valuable library books had to be sold for less than half their cost!

What will a man not give to save his life? The medicine, put up in quart bottles, was purchased by the dozen. In using the first dozen, he felt or fancied that some of the symptoms were mitigated. He persevered until thirty-six quart bottles had been taken! Never, said he to me, did I feel more sensible of the rapid headway of this terrible disease than when I was taking the last of my three dozen! This large number of bottles certainly demonstrated the persevering spirit of the patient, if it did not justify the claims set up for that somewhat noted medicine as a cure for scrofula.

The last experiment had now been thoroughly tried and had failed.

For a number of weeks things were suffered to go on as they best could. The destructive progress of the disease had been in no degree arrested. The only permanent marks left of this last experiment were the vacant library-shelves and the empty bottles. The little sleep he was now able to get was obtained only by resting his body upon his knees as they were bent under him with his forehead resting upon pillows. It was at this point that the WATER-CURE, before unheralded and almost unknown, held out to him its humble hope, and he embraced it; and although six years have since rolled away, he still lives—lives to sing the praises of the *Water-Cure*. His entire scalp is now as white, and soft, and smooth, and free from the marks of disease as that of the cradled infant; but the natural curtains of the eyeballs are gone, and they, alas, can never be restored. They have to be supplied by such artificial coverings as experience has taught him to employ.

It remains now to give the course of treatment adopted, which the result has shown to be a correct one, and to detail the speculations which grew out of this remarkable case.

His earnings having all been previously expended, his cure at last cost nothing but the charitable labors of his friends and his own co-operation. The treatment was conducted throughout at the patient's own house. A shallow bath-tub was provided, two head compresses were made to fit closely to the head, extending down to the ears and eyebrows. They were composed of two thicknesses of coarse crash linen, and one thickness (the inner) of fine linen. These two were exchanged four times in twenty-four hours, the one last worn being kept under water until it was to be used again. This exchanging of compresses as often as they need rewetting has important ad-

vantages in all cases where acrid or corrosive fluids are being constantly absorbed by them. They were also frequently thoroughly cleansed by the washwoman. When worn, they were kept constantly covered by a well-fitted cap, made of India-rubber cloth. The abdominal compress was constantly worn. The treatment from the outset was made as strongly derivative from the upper parts of the system, by half baths, sitting and foot baths, as the nature of the case would permit, and this aim of driving circulating fluid from the upper to the lower parts of the system and to the skin was not abandoned throughout the whole course of treatment. During this long-continued and vigorous effort to equalize the circulation I was very much aided by the great perseverance and activity of the patient. This persevering spirit, by the bye, is a most blessed quality in a Water-Cure patient. For the want of this alone I have often seen the brightest hopes of patients and their friends forever blasted. When the equilibrium of the circulation had been to a considerable extent attained, which was nearly ten weeks from the commencement, the patient was sweated in the dry blankets. These preparations were always gentle, and followed by the half bath in its derivative form. They varied in frequency from one to three per week, according to the symptoms witnessed from the use, and were of signal service to the patient. They were persisted in for nearly two months. Water in moderate quantities was drunk after all baths, except the foot bath. During the whole time the patient took a great deal of exercise, which was generally lively but not long continued. The treatment began in November, 1845; in March following all the ulcers had closed, and the entire scalp had become fully healed, and has remained so ever since. At this time my supervision of the case closed, but the treatment in its derivative form was, by my advice, kept up a considerable time longer. The greatly altered and improved condition of the patient attracted much attention from those previously acquainted with the case, and various opinions were expressed. Some thought that the *Sarsaparilla* was a medicine so potent for the cure of such diseases that it had succeeded, despite the absurd, ridiculous, and even dangerous use the patient had been making of water, while at the same time it was most frankly acknowledged that water was good in its place. But the more sedate and reflecting, after carefully considering the opinions of medical men, settled down in the belief that it was one of those rare anomalous cures which few have seen, but many have heard of, where every effort to arrest the disease and save the patient has utterly failed, and his medical attendants and every body else have given him up to die, but who has continued to live on to the surprise of all, and finally to get well,—the why and wherefore remaining forever a profound and impenetrable mystery, and that in a thousand similar cases, one other such result as this would be all that could reasonably be expected. There was one, however, the patient himself, who had come to a different conclusion. He thought, and still believes, that the *Water-Cure*, as given to the world by Vincent Priessnitz, is the greatest discovery ever made by man; that could he have known of it when his case was first submitted to professional inspection, the destructive ravages of his disease would have been at once and effectually arrested, the natural coverings of his eyes preserved, five years of great physical and mental suffering averted, and his property, most unavailingly squandered, have been saved. For our own earnest and somewhat active labors we received little credit, and no money, and yet we did not fail of a rich reward. It was found in what we witnessed from week to week, and month to month, of the beneficent and controlling power of the system of treatment over a most formidable disease, taken in its most advanced and intractable form—one which for five years had engaged the attention of eminent professional men, of men who had

made medical science their study through life, but who had found themselves unable, even in its earlier and milder forms, to arrest or retard except by dietetic regulations its wasting activity. This was truly grateful to us; and in our labors since in the same field, where we have ever since been certainly a diligent if not successful learner of its abundant resources and true limits, we have frequently seen its controlling power as signally manifest over diseases almost as widely different in their nature, from this and from each other, as are known to exist in this country. We found it, in the additional evidence furnished by this case, that the high claims in favor of the system advanced by eminent professional men in Europe and America—men who were deeply experienced in the practice of *Water-Cure*, would eventually be fully admitted.

And, finally, we found our reward in the substantial benefits which, through the instrumentality of *WATER-CURE*, had been conferred upon a deeply suffering but every way worthy fellow-citizen and his afflicted family.

[Castile, Wyoming Co., N. Y.]

## AN INCIDENT IN THE ANNALS OF WATER-CURE.—NO. III.

BY OLIVIA OAKWOOD.

It was in the spring of 1832 that a proud and happy husband bore his young bride away from the green hills and crystal streams of old Massachusetts, to cheer him by her life-long presence in his struggles for gold and glory, in the far off city of St. Louis. Visions of the future rose brightly before these young beings as they journeyed on to their destined home, happy in themselves, and in each other; and their entrance into a new sphere of existence was marked by a prosperity very seldom granted to such glowing anticipations.

But this bright morning of their happiness was doomed to usher in a day of darkness and storms. The terror-shrouded form of Pestilence, livid with all that woe's imaginings can paint, swept through the streets of St. Louis, stealing with her grimly silent footsteps through the night-watch, and instilling the deadly poison into the breath of slumber, or stalking forth in the brightness of noonday, to bid defiance to all the counsels and efforts of the wisest skill. The besom of destruction swept over many a hearth-stone, and on every passing breeze was borne the funeral knell. Panic-stricken, the affrighted inhabitants fled in every direction to find themselves places of refuge. Still many remained, some doubting the wisdom of flight, some scorning its apparent cowardice, and still more detained by the want of means.

Among the first of those prostrated by this terrible disease, was the young wife of Edward W—. Smit-ten down before his eyes, "a stranger in a strange land," the agonized husband summoned to her bedside all the skill he believed to exist around him. Physicians came and opened all their stores of alleviation to quench the raging fires consuming the life-current with fearful rapidity; but in vain, for the true balm was ignorantly withheld. The suffering patient, tossing in her burning agony, pleaded in piteous tones, "Water, water! oh give me ice water, my stomach is on fire." But not a drop was permitted her, for in the opinion of her physicians it would be certain death. At length collapse stole with its leaden rigidity over the face and form, a few short hours before radiant and active with health. Then hope died within the heart of the young husband, and the physicians whispered to him their further attendance would be entirely useless. There were many others depending on them for relief, and they would have to be made as comfortable as possible for the short time she might remain. Seeing them about to leave, the still conscious patient inquired,

"Is there no hope for me, Doctor?"

"We fear not, Madam; we wish we could say otherwise, but you are in the hands of God—look to him."

She turned her head and wept—they were nature's tears. It was hard thus to die away from the friends of early days, and leave him who was her all of earth a lone mourner over her grave. But soon, with the submission of a Christian, and the strength of a noble woman possessed of that clearness of mental perception, so remarkable in victims of the cholera, she called her husband and gave directions concerning the disposal of affairs, when she should be gone.

"And now, Edward, I have but one boon to ask, deny me not my last request! Give me all the ice water I want—just as much as I ask for."

"Certainly, dearest, you shall have anything you want."

And so lifting the cooling beverage to her lips, her devoted companion gave her glass after glass, until satisfied, she lay calmly and closed her eyes as if for sleep. Her anxious partner sat watchful by her side, and in a short time she again uttered the word "*WATER*." It was given, and so eagerly was the liquid quaffed, that it seemed strange she could contain so much. After lying a few moments, she opened her eyes, and, looking upon her husband, said, impressively,

"Edward, I shall not die this time; I am going to get well!"

"Why, dearest, what makes you think so?"

"O, this water has cooled the fires that were raging within me!"

And hardly had she spoken, when the water was ejected from her stomach, and as her husband stood supporting her, some of it fell upon his hand, hot as if it had been heated on a fire. As he laid her down hope sprang to life in his heart, for thought he, "surely the water, in absorbing so much of the internal heat, must relieve the disease." And so replenishing the pitcher, at her request, repeated and plentiful draughts were given until again ejected, and each time the heat of the water seemed less. Sleep stole upon the sufferer now, a sweet natural sleep, and as the anxious watcher looked steadily upon her he so fondly loved, he perceived the rigidity of her features begin to relax, and soon after, a gentle perspiration broke out upon her frame. From the hour of her subsequent waking, that young wife was physically a new creature, and in a few days, by the blessing of God upon that apparently accidental administration of cold water, was enabled to walk abroad on the green earth once more.

This remarkable recovery became the object of inquiry among friends, neighbors, and physicians; and the event occasioned a new era in the practice of the latter, who wisely profited by the lesson it contained, and in all similar cases, prescribed the free use of PURE COLD WATER.

[New Lisbon, Ohio.]

## PROLAPSUS UTERI.

BY P. H. HAYES, M.D.

GENERAL relaxation of the entire muscular system, and great nervous susceptibility, are common antecedents and accompaniments of this very prevalent disorder. It is directly caused by loss of tone in the ligaments and tissues which are the immediate uterine supports, and collaterally by falling of the bowels, which is an almost unfailing antecedent. More general predisposing causes to this and other female diseases, are a great and general neglect of physical exercise and injurious modes of dress. Little Misses become young ladies too soon; they have no stage of girlhood in which they take that free and unconstrained exercise out of doors to which their instinct so clearly prompts, and by which alone their bodies

and limbs can grow and be strong, and the greatest possible immunity be gained against the invasion of disease. Their pale faces show little acquaintance with the free air and sunlight of heaven; their bodies lack symmetry and development, and they easily become the prey of some lingering disease. With this general neglect of exercise they early manifest an anxiety to improve their forms by corset and stays. These powerful instruments, and the great weight of clothing suspended from above the hips, are applied to that very portion of the body most susceptible of injury and least able to resist it. The respiratory process, that source of life and health to the blood, is greatly restricted; even a forced inspiration cannot fully inflate the lungs while bound by these appliances. The weight of under clothing, the pressure of bodices and stays, contract the base of the chest, and disturb and confine the motions of the stomach during digestion. The abdominal muscles become greatly relaxed, and the organs are crowded downward, so that the fulness or roundness of the abdomen is found some inches lower than in the young child. Among some of the Chinese the feet of girls are confined in little wooden shoes. The savages of America flatten their heads, the South Sea Islanders tattoo their ladies by way of ornament, but fashion with us is far more *enlightened*. She puts her gripe around our very vitals. She holds us firmly until our spines are curved and our gait is awkward and stooping. She don't let us half breathe, and often makes us faint in assemblies. She makes our wives a tax upon their husbands, and unfit to become the mothers of their children, because she holds that a small waist is the model of beauty. Powers says of his famous statue of Eve—I copy quotation from Marcy's Theory and Practice of Homœopathy—"Her waist is quite too large for our modern notions of beauty, and her feet, they are so very broad and large! And did ever one see such long toes! They have never been wedged into form by the nice and pretty little shoes worn by her lovely descendants. But Eve is very stiff and unyielding in her disposition. She will not allow her waist to be reduced by bandaging, because she is far more comfortable as she is, and besides she has some regard for her health, which might suffer from such restraints upon her lungs, heart, liver, &c. &c. &c." The marks of our physical degeneracy are increasing with every generation; who shall stay them?

Displacement of the uterus is usually accompanied by a considerable number of sympathetic and secondary local morbid phenomena, which are often looked upon and treated as independent disorders. Not uncommonly are patients treated for spine complaint, liver complaint, neuralgia, &c., and the system drugged and enfeebled by worse than useless treatment, while the real difficulty is unsuspected and undiscovered. The common modes of treatment by artificial supports are fallacious means, and do not deserve a moment's reliance when a cure is thought of. The use of artificial support, though it may afford present relief, finds no sanction in science or experience, for if by such means we put out of use the muscles and ligaments which are the natural supports of this organ, they inevitably become weaker and weaker, and less and hopelessly less able to do their natural work of sustaining the womb.

It is plain to all, that to acquire physical strength, physical exercise is indispensable, and if this be true of the entire body it is equally so of any part of it. It would be as rational to expect a man to become a Hercules in strength with his arms in a strait-jacket and his feet in the stocks, as to cure uterine displacement with the subject of it laced up in a utero-abdominal supporter lying on her bed or sitting in her softly cushioned chair. We must rely for success only upon such general treatment and exercises as

shall give tone and energy to the entire muscular and nervous systems, and especially must such local treatment be used as shall remove displacement and invigorate the weakened uterine supports.

We believe the baths, exercises and diet of the Water-Cure thoroughly and philosophically adapted to the cure of this disorder, and if combined with a more physiological treatment than supporters and pessarists for overcoming displacement, are almost infallibly successful. In vindication of our opinion we will give some illustrations next month from our own practice.

Wyoming, N. Y.

## REFLECTIONS ON GARDENING.

BY F. JAMES.

GARDENING is one of the very agreeable recreations of those who have taste and leisure.

Since beauteous Spring has thrown her soft rays of sun-heat and genial warmth all around us, there is a fresh call to this healthful and invigorating exercise.

Some time since the Frost King laid aside his imperial functions, to give earth, air and water their freedom, and to permit vegetation to exhibit its marvellous work. Turn your attention now, reader, to the pleasure and advantage of gardening, to a service of the season profitable and pleasurable.

Painters, sculptors, poets, men of war and men of peace have united in praising gardening or horticultural pursuits.

It is an exhibition of refinement and artistic taste, suitably to arrange beds for flowers and squares for culinary vegetables.

All these employments, when voluntarily pursued, have connected a sense of pleasure, and produce beautiful emotions and exhilarating effects. If the descriptions of this healthful exercise have ever been too much colored, or the pains-taking too excessive, it's more than we have learned. To make the barren plain or sand-heap smile in living green, to make the arid heath vegetate like a prolific garden or a richly cultivated meadow, will well reward the pains-taking and anxiety of the laborer, and the enterprise will bear considerable commendation.

It may be a favorite recreation for the invalid or the delicate female, profitable, invigorating, healthful. The exercise tends to strengthen weak nerves and refresh the vital energies, by inhaling the oxygen of the vegetables and breathing the fragrance of the flowers. The pale, the haggard and the vigorless who suffer from in-door confinement, may enjoy nature's medicine as well as be profited by it. All are made for activity. The muscles of the body require some use and motion—without it, they must soon be sickly and feeble. Prudent out-door exercise tends to create a healthy, robust, physical frame. Nash, in his recent work on Agricultural Chemistry, speaks thus: "Growing plants purify the air of those gases which render it unhealthy for respiration, while the respiration of men and beasts enriches it with those gases which promote vegetation, so that plants and animals are mutually beneficial, each rendering the air health-giving to the other." Where then can we breathe so invigorating an atmosphere as among plants, flowers, and fields of green vegetation?

If in the crowded city, where there is not a small patch for flowers, the flower-pot should not be neglected. The rose and the cactus will discourse each in their own brilliant language of their blooming beauty and their mission; and the rose-tinted cheek of the maiden who watches and waters them, will tell in silent but certain accents, of their favor and their power of imparting their own native hue.

Such was the pleasure of gardening, and such the attention given to it by the ancients, that they became places of great attraction to visitors and guests of the nobles. Mr. Maundrell, speaking of the Emir of Berytus, says: "The best sight that the Palace affords, and that which is most deserving of recollection, is the orange garden. It contains a large quadrangular plot of ground, divided into sixteen lesser squares, four in a row, with walks between them. The walks are shaded with orange trees of a large spreading size. Every one of those sixteen lesser squares in the garden was bordered with stone, and in the stone work were troughs, very artificially contrived for conveying the water all over the garden, there being little outlets cut at

every tree for the stream as it passed by to flow out and water it." Kempfer describes the royal gardens at Ispahan as being watered exactly in the same manner. These descriptions will explain in clear terms the passages of the Psalmist, wherein he speaks of rivers or divisions of water, that is, waters distributed in artificial courses. The Prophet Jeremiah has elegantly applied the passage referred to above:

"He shall be like a tree planted by the water side,  
And which sendeth forth her roots to the aqueduct.  
She shall not fear when the heat cometh,  
But her leaf shall be green;  
In the year of drought she shall not be anxious,  
Neither shall she cease from bearing fruit."

Jeremiah 17: 8

There is an elegant proverb thus written:—

"The heart of the King is in the hand of Jehovah,  
Like the canals of water.  
Whithersoever it pleaseth him, he inclineth it."

In other words, the direction of it is in the hand of the Lord, as the distribution of the water of the reservoir through the garden, by different canals, is at the will of the gardener. In the hotter parts of the Eastern countries, a constant supply of water is absolutely necessary for the preservation and existence of a garden, and if it should want it for a few days only, it would be almost wholly destroyed, so that a stream, or river, or spring of water, or rain-water, preserved in a reservoir, is essential to the verdure and vitality of the garden. The gorgeous blossoms of the East once shed their sweet fragrance where the hand of time has borne away the traces of their remembrance. Once the ancients wore in pride their wreaths of laurel and crowns of flowers, obtained in useless strifes, where deeds of heroism and virtue were nobly achieved. The present era has its flowers for other and perhaps for more sensible purposes. The flower gardens and hot-houses grow thousands of flowers for bouquets, for ornaments, tokens, or rewards of artistic merit. They are cultivated in pots for their beauty or their fragrance, all of which teach the power and glory of their Creator in the most tender and affecting lessons.

Of all the gardens where pleasure and profit are united, we must speak of the fruit garden and the kitchen garden. These are of importance to the comfort and sustenance of the human race, and should receive more attention than the majority of mankind are disposed to bestow.

Fruit is now quite easily raised; and good fruit always finds a quick and profitable market, unless in some extreme cases, where it is too remote from cities and larger towns or manufacturing villages.

Those who have the skill and industry to attend to it, living in the vicinity of favorable markets, often accumulate a fortune from the cultivation of choice fruit, seasonably carried to the best market.

In the suburbs of our cities, and in the vicinity of our larger villages, the science of gardening ought to be carefully investigated, and correctly understood, so that it might be pursued with system. The bounteous gifts of nature, on certain well cultivated soils, is the legitimate result of prudent toil. There has been industry as well as fertile soil and skillful labor, which will be necessarily rewarded with the most gratifying results. They who believe God has made man to till the ground under all suitable circumstances, will wish to consider whether there are improvements in the science of horticulture that should be adopted, and such encouragements to this pleasant employment as shall interest them in that which early and continuously attracted attention, which interested our progenitors, who were placed in the primitive garden, with the simple directions to cultivate and dress it. When not a love to the employment, but stern necessity, drives men to the task, the success of gardening will be less apparent. Men cannot be forced to engage in such a work, and enjoy equal success. They cannot work with irksome feelings, and realize the boon of the amateur. Those who have ground to till, and time for the object, are faulty to neglect so pleasing and pure a pleasure for want of a little theoretical or practical knowledge.

The science is ably explained by various authors, and it is difficult for owners of soil to plead ignorance, or for any who have leased a garden, or a farm, for a specified period. Duty, as well as interest, sets up its plea, and calls for the improvement of the talent (soil) God has given us. Cultivating the soil is like charity doubly blessed, as the faithful will be in sowing and reaping. Those who have never eaten vegetables raised by the sweat of their own brow, have altogether too inadequate a view of the true wealth of the vegetable world, and his own privilege of enjoying

some good share of this boundless wealth. Should heads of families, in any sense, be their own physicians, they should, in a much stronger sense, be their own gardeners, where the facilities are within their reach. The professional man, the mechanic, the merchant, and others, should have their share of this pleasant and delightful employ.

It speaks well for our country that so much of it is well cultivated, and like a garden. It is said that Lombardy is an entire garden. It is also said that the Connecticut valley is like a garden, so rich is the soil, so well is it cultivated. But greater things are to be expected, and still greater things will be accomplished. Other steps must be taken. A higher standard in this department of agreeable toil must be raised, and greater success will be achieved. The God of nature does his part; let man use the facilities within his reach, in an industrious manner, and great will be his reward for his labor.

In various parts of the world the garden for culinary vegetables is a large support of a small family, for some months during each year. The common table vegetables can be easily raised. The mechanic, who works at his art ten hours of the day, can spend one or two in his garden, which will be valuable for his health, and profitable for his purse. The same holds true of other men engaged in different occupations.

Never do fields smile with such lustrous beauty (as you emerge from the pent-up city, to view the works of nature) as when spread over with those vegetables which adorn our tables. Who that has visited during the month of May the towns in the vicinity of Boston, has not been charmed with the sights the eye is permitted to rest upon? The fields of green peas, of lettuce, of tomatoes, of asparagus, and other things quite numerous, are charming exhibitions to feast the eye. The horticultural exhibitions in our cities in the autumn of the year are among the most interesting of the season. No department in the American Institute, in our own city, is fraught with so much interest as that containing the horticultural productions. The works of art, if interesting and wonderful, cannot equal in interest and admiration the productions of nature.

It is not the design of this article to name the most profitable productions, or to teach the best system of horticulture, but only to stimulate the reader to give all needful attention to a subject especially interesting at the present season of the year, and excite a love of healthful exercise in the minds of those suffering for want of it, and lead all to think more of the works of God, and drink in healthful draughts of the beauties of nature, which tend to soften and refine the asperities of man's nature, and lead him to adore the Author of all things.

For a list of valuable works on Gardening, Horticulture, etc., with prices annexed, see "Books on Agriculture," in our Advertising department.

## DENTISTRY—THE FILE.

The following exposé of the file—its uses and abuses—from an article by Dr. S. M. Hobbs, published in the *New York Dental Recorder*, embodies so entirely my own views, that I cannot refrain from offering it for the perusal and consideration of your intelligent readers. I regard, with much satisfaction, the justice so ably meted out to a much abused but most worthy professional implement. By way of illustrating its truthfulness, I will remark that the attention of a noted dentist (one of the timids), practising in Bond street, was one day called to this article, with the intention of drawing him out. We shall see with what success. Having read it quite through, a face of great length and *vast impositiveness* was put on, (a way of his on great occasions,) and utterance given to these expressive words: "Ah! Clowes, no gentleman would write like that." What better evidence do we need that the target was hit in its very centre! I wish to add here, for the especial benefit of my brother dentists, that the *New York Dental Recorder*, published by Dr. C. C. Allen, 28 Warren street, is a professional monthly of great worth and ability, and those who omit its regular taking and perusal do wrong themselves, their too confiding patients, and that glorious art which they assume to practise.

J. W. Clowes, No. 7 Eighth Avenue.



A most excellent instrument indeed is the File. But it is not always made so. Perhaps there is not, in the entire range of the dentist's *escritoire*, an instrument more abused, or which has had more ill-natured things said of it. Unjustly, as a matter of course. No man who is not a knave, a fool, or a madcap up to his very ethereal scalp, will venture to condemn it in toto. Yet we know that some do condemn it with all the face and breath which a bad nature and a worse education can command. The File lives notwithstanding, and will grow and flourish just as skill and science near the happy goal of perfection. The day that witnesses the last file drop from the operator's hand will either see no unsound teeth or no *sound dentists*.

The File meets three classes in the profession. First, those who will not use it at all; second, those who use it with fear and trembling, with neither heart nor hand to ply it with vigorous efficiency; and thirdly, those who use it as it should be used—bravely, heroically, confidently, scientifically, naturally.

The first class—those who will not use it in *any instance*—are not numerically, certainly not *mentally*, over-strong. Yet they compose an *entity* sufficient to pin a shot upon. We have often met them, and so know their existence to be a palpable, eyeable, hearable fact. They are notorious for the pomp and circumstance with which they give their opinions, and as proverbially marked for the gabbling frivolity and rapid imbecility with which they attempt to sustain their positions. They are characterized by the grossest ignorance, and know as little of anatomy as they do of manners and common sense. In short, they are just and precisely that class which some dark midnight hour graduates from the stable, the drinkery, the barber's or blacksmith's shop, and in the morning, under the blaze of a golden sign and a thundering newspaper puff, are full-fledged, blustering, all knowing, self-inflated dentists. They are the *giants* who condemn the File! "It makes too much noise, and cannot be well," is the substance of their speech. As *all respectable dentists* will not compromise their character by meeting and righting these doughfaces, (I cull from political bouquets,) and, as they never read, nor much less *think*, they live alone, bestrewn with their pompous illiteracy on the ways of life, cursing, of course, every people where their opinions fall. To a certainty this class can never give skill, character, or permanency to their operations.

The second class are the *Timids*. They are not much better than those who never touch the File. A thing half done had better never be done at all. Above all things, a half-filed tooth is the sorriest sight looked upon. True, it shows a good design, but a very bad execution. The File is worse than nothing if it be not applied with a bold hand and a confident heart. Here it meets its own true end, and nowhere else.

It will not answer to be *timid*. Temporizing, fearing, doubting is sure to end in defeat. The File is the dentist's best friend. We consider that teeth as they come could no more be plugged independent of the File than of the plugger itself. Indeed in one sense a tooth separated with a bold and discriminating hand, may already be said to be half plugged. The best dentists we have ever known have been famously liberal and heroic with the File; while we never knew a trembling, palpitating, untrusting operator meet with anything like success. And all this in reason. Nothing strange in it, not a particle. In plugging teeth *room* for the instrument *must* be had. Otherwise it is futile, useless, foolish to do anything. Every operator with a shadow of brain understands this. Therefore, oh ye of little faith, and less courage, at once throw aside your destructive timidity and give "ample room and verge enough" to this king of instruments. Really and profoundly study the teeth

—their diseases, locality, and remedy, and you will at once see the utter necessity of a generous, hearty use of the File. Any use short of this is arrant *quackery*.

The third class are those who use the File with true heroism. They make the height and substance of the profession. They possess the bold hand and sustaining heart. As well deprive them of an arm, an eye, a brain. It is entirely indispensable. Without it they would not practise the first day. What would avail the best skill, the highest knowledge in plugging half the teeth we meet, if the File were to be kept from them? Nothing. And for the sufficient reason that neither the disease would be got at nor a remedy applied. You cannot lift a fifty-six with a five pound power, nor put your foot where only a pin-head can be thrust. Be assured that the best dentist is he who uses most and has the highest confidence in the File. It is he, and he alone, who sees, judges, reaches, and remedies the disease. You may trust him implicitly. He has studied his business, sounded nature and reason, and has an available stock of common sense. Hence his course; hence the course of everything above the miserable quack.

This class is the savor and rose of the profession, as we before substantially remarked. We never hear of a dentist using his file vigorously but we look for a man of science. We well know that quackery sometimes makes frightful ravages in *radicalizing*—heroizing, some may say—but it is a weak eye that does not instantly discover the destructive hand of one, and the saving hand of the other. A cheering, warming fire does not require you to burn your whole dwelling. The noble *heroic* use of the File always supposes, and should be understood, as carrying with it the highest practicable skill. This is the class and this the operation we are deploring.

## Dietetics.

UNDER this head we design to discuss Vegetarianism, in its various aspects and bearings—physiological, mental and moral, and to exhibit its effects in contrast with those of a mixed diet.

### WHAT NOT TO EAT, OR THE PERNICIOUS EFFECTS OF MANY SUBSTANCES IN COMMON AND HABITUAL USE.

BY F. W. SCHIETZ, M.D.

[A CORRESPONDENT [J. S.] sends us the following, written by a graduate of a celebrated medical school of Germany, but now a Hydropathic practitioner in Tuscarawas county, Ohio. By this, it will be seen *why* a Hydropathic diet is so earnestly insisted upon for invalids, and others, by our modern writers.]

CULINARY SALT, in smaller quantities, excites the stomach, increases the appetite and the secretions and excretions, in particular the secretion of urine. In larger quantities, irritates and inflames the mucous membranes, produces great heat and burning in the throat and stomach, accompanied with great thirst. In sensitive persons it occasions vomiting, diarrhoea, and sometimes cardialgia.\* Its continued and copious use effects a general corruption of the juices of the body, which shows itself in exanthematic diseases of the skin, and sometimes ends in that dreadful malady, scurvy, an evil frequently seen among sailors on long voyages. External applications of salt produce inflammation and pustulous eruptions on the skin. (One half ounce or a table spoonful a day is considered a large dose.)

Such is the effect of salt upon man; and almost every one uses it more or less, and is consequently

\* Cramp in the stomach. [Otherwise what is called heart burn.]

more or less deleteriously affected by it. The appetite may be normal or already over excited, salt is indiscriminately taken at every meal. It is not regarded if salt has already inflamed the tender mucous membranes—water is resorted to and then salt taken again. If nausea, vomiting, diarrhoea or loathsome eruptions are already caused by it, salted victuals are constantly used; but if cardialgia or scurvy are once torturing the poor sufferer, then the physician will probably tell him to discontinue the use of salt until he is cured again.

VINEGAR promotes the secretion of the skin and of urine. Its continued use causes digestive disorders—pain and pressure in the stomach, colic, diarrhoea, dyspepsia, even organic degeneration of the membranes of the stomach and intestines—such as indurations, scirrhus,\* &c. After vinegar is assimilated into the blood, it exerts a bad influence upon the whole arterial system, therefore upon the organic reproduction, and sometimes in such a degree as to cause even cachexia† and consumption. On the lungs, its effects are so severe as generally to cause speedy-pulmonary consumption—(in consequence of the uninterrupted absorption of vinegar vapors)—in persons who are continually employed in vinegar establishments. If nursing mothers consume vinegar, their suckling infants will invariably experience all the sufferings which most attend upon acids in the stomach and intestinal canal.

CINNAMON is a strong stimulant—increases the appetite, excites the whole nervous system—sensitively as well as irritably—accelerates the circulation of the blood, increases the heat of the body, and particularly stimulates the uterus.

NUTMEG is in its effects related to cinnamon, but besides has narcotic qualities, and acts upon the sensorium—produces giddiness, oppression on the breast, somnolency,‡ insensibility, insanity and even death. Dr. Cullen, after administering two drachms, observed giddiness, somnolency and mental aberration to result. Dr. Parkinje experienced for a considerable time, torpor in every motion, in consequence of having taken one nut after dinner; three nuts produced an unconquerable desire to sleep, and after a short time absolute insensibility.

CLOVES stimulate the appetite, and frequently produce disorders in the digestive organs, are very heating, and cause rapid circulation.

GINGER affects the organization nearly like cloves. VANILLA excites the organs of circulation and the nerves, increases the excretions and secretions, particularly of the lungs, skin and kidneys, but affects, as a stimulant, most prominently, the sexual organs in both males and females—greatly increasing the desire and ability for sexual intercourse.

The foregoing article is not, as the rest, of common use in kitchens, except in those of the wealthy and so called refined. I added it to the list merely because confectioners often introduce it in large quantities into chocolate and other sweetmeats, because its agreeable smell, taste, and frequently its excessive stimulating effect upon the genitals, make those articles more saleable.

SAFFRON.—Its effects are similar to those of opium. In small quantities it is exciting, and in larger, produces giddiness, stupefaction, fainting, and even apoplexy; it heats and irritates the circulation of the blood and the female genitals. (Orfila and Alexander deny its strong narcotic quality.)

HOPS stimulate the action of the skin and the organs of urine secretion. Linne ascribes narcotic properties to hops, which Magendie and others deny to them; but Ives, Freake, Wylie and others confirm the result of Linne's experiments.

\* Scirrhus usually precedes and may be considered the first stage of cancer.

† A depraved condition of the body.

‡ Unnatural sleep.

CAYENNE PEPPER in small quantities, excites and stimulates the functions of the stomach and the whole nervous system in general; in larger quantities it produces severe pains in the intestines, tenesmus,\* mucous emissions from the urethra†—strangury.‡ Dr. Weinhold administered two drachms of the powder to an old dog, after which the same appeared very lively and the circulation of the blood greatly accelerated; during dissection the blood was found very red and thin, the kidneys and glands of the abdomen were enormously swelled, and metallic irritants applied to the muscles caused them to contract violently. Capsicum annuum—(red pepper)—black pepper and white pepper—(allspice)—have the same effect, but less intense.

MUSTARD, in small quantities, stimulates the appetite and increases heat. In large doses, it produces vomiting, diarrhoea, inflammation of the organs of digestion and the genitals, besides emissions of bloody urine. External applications are attended with irritation and inflammation of the skin.

HORSERADISH is less aromatic, but more acrid, than mustard, and therefore occasions quicker and more intense inflammation of the skin and mucous membranes, consequently bloody urine and strangury.

CHOCOLATE merely prepared from the cacao bean and sugar—(known, I think, as sanative chocolate)—is nutritive; but on account of the cacao oil not easily digested. Chocolate prepared, as is generally done, with vanilla, cinnamon, etc., has the same effects as those spices, only more intense in regard to the sexual organs, because of its very nutritious qualities.

TEA possesses narcotic properties. It first stimulates and next stupefies. According to Dr. Smith, a mere infusion of the leaves suspends the irritability of the muscles. Dr. Lettice states that an infusion of tea produced a paralytic effect upon the nerves of frogs. Taken either into an empty or overloaded stomach, the use of tea is followed by lassitude, giddiness, want of appetite, flatulence, oppressive feelings, trembling, stupidity, and, under continued use, by weakness of the stomach and the memory, nervous affections, hypochondria, and even convulsion, and epilepsy. These symptoms are intensified and increased if tea is made of a strongly fragrant article, taken frequently and hot, in as much as it then occasions very debilitating sweats. The effect of the tea is worse on lean persons, with tense muscular fibres, than on corpulent, phlegmatic ones.

COFFEE stimulates the nerves and the muscles, increases the peristaltic motion of the stomach and the appetite, accelerates the circulation of the blood, the secretion of urine and saliva. A frequent and copious use of it is attended with congestions, trembling, palpitation of the heart, oppression, stupefaction, weakness of the nervous system, spasms, hypochondria, hysteria, weakness of the eyes, paralysis, digestive disorders, hemorrhoids, disordered menstruation, weakness of the power of procreation, and even impotency in man. The use of coffee is particularly deleterious to plethoric and hectic persons, and to those of a choleric temperament.

In making out the above statements, I have consulted the writings of such men as are acknowledged reliable authority, by virtue of their numerous experiments and long continued observations.

Farther comments seem unnecessary; but I cannot refrain from directing attention to the fact that nearly all the above described substances exert a stimulating influence upon the sexual, as well as all the rest of the abdominal organs; and therein may we find a solution of the lamentable phenomena of legal as well as illegal prostitution and its dire consequences,—of onanism, that most appalling evil, indulged in even by children

of tender years, which seems to be among the characteristics of the age. Indeed most of the causes of the misery and wretchedness in society can be found in the daily consumption, by adults as well as children, not only of one or a few, but almost all the before named health destroying ingredients—fermented drinks, tobacco, etc., included, the effects of which latter are so generally known that I need not here mention them.

NEBUCHADNEZZAR AND HYENA DIET.—Messrs. *Fowlers and Wells*: The *Philadelphia Saturday Evening Post*, of January 29, takes as a text an article in a recent number of the *Water-Cure Journal*, from a writer whom the editor, in sport, calls a "forlorn correspondent," who has been trying a "Nebuchadnezzar diet for the last twelve or fifteen years."

If there is any pith in this witticism, there is just as much in saying that a flesh diet is a Hyena diet—the rule works both ways. He says the change from a flesh to a vegetable diet is "a feeling at first of fresh life and vigor, followed by a general weakening of the physical system, which at length produces a corresponding effect upon the mental powers." Now any one who has made the change, knows that the languor is felt at first, and not subsequently; as is the case with the inebriate when he first gives up his old habit of drinking. If, as he says, it has a corresponding weakening effect on the mental powers, we should look to the butchers for superior mentality, they being the greatest meat eaters; but can it be found there?

He says, "We think experience is fast proving to all who are not prepared to die for an idea," &c. Would not the editor die just as soon for his "idea" that flesh eating is right and best?

The gentleman is of that conservative class who think it awful to depart from old usages, however erroneous other people may see them to be; and were it not for such, the progressionists, what improvement would there be in any department of human knowledge?

From the tenor of the remarks we hear made against vegetable diet, and washing, we might very naturally infer that it was expected that vegetarians would never die; or, if such an one should fall from a three story window with his neck across a blacksmith's anvil, that his neck should not break.

When it was reported, last summer, that Dr. Oleott was dead, what a glorious theme it afforded for comment against this "silly innovation." Our editor was one of the commentators.

Most people expect too much of those professing any improvement in morals or physiology. Neither your "forlorn correspondent," nor any body else, should expect perfect immunity from disease, even if he complies with some of the best rules of dietetics; he should only expect less disease, for health does not depend alone on the right kind of food. To avoid disease entirely, the organization must be perfect—the atmosphere must be pure—the food of the right kind and quantity—no excess in drinking, working, sleeping, waking—no undue excitement of the passions, hatred, love, joy, grief, &c. But few are perfectly organized, and none comply with all the conditions of health; then none should expect to avoid disease altogether. Some people seem to think that if they comply with one condition of health, that the good effects of all the other, neglected conditions, will naturally follow—that is, their expectations seem to say this. W. P. L.

Vernon, Van Buren Co., Iowa.

EXTRACTS FROM THE DIARY OF WESLEY.—"I can hardly believe that I am this day entered into the 68th year of my age! How marvellous are the ways of God! How has he kept me even from a child! From 10 to 13 or 14, I had little but bread to eat, and not great plenty of that. I believe that this was so far from hurting me, that it laid the foundation of

lasting health. When I grew up, in consequence of reading Dr. CHEYNE, I chose to eat sparingly, and drink water. This was another great means of continuing my health till I was about 27. I then began spitting of blood, which continued several years. A warm climate cured this. I was afterwards brought to the brink of death by a fever, but it left me healthier than before. Eleven years after, I was in the third stage of a consumption; in three months it pleased God to remove that also. Since that time I have known neither pain nor sickness, and am now healthier than I was forty years ago! This hath God wrought." At the age of 82, Mr. WESLEY observes, "To-day I entered on my 82nd year, and found myself just as strong to labor, and as fit for exercise in body and mind, as I was forty years ago!" "Again: I am as strong at 81 as I was at 21, but abundantly more healthy, being a stranger to the headache, toothache, and other bodily disorders which attended me in my youth." Also at the age of 83, he remarks:—"I am a wonder to myself; it is now twelve years since I have felt any such sensation as weariness. I am never tired (such is the goodness of God!) either with writing, preaching or travelling; one natural cause, undoubtedly, is my continual exercise and change of air." We need scarcely state that the eating "sparingly," alluded to as the result of perusing Dr. CHEYNE's work, involved the disuse of the flesh of animals, as we find from subsequent communications on the subject of diet.

A LONG LIVED APPLE TREE.—There is a bearing apple tree in Connecticut, alive and flourishing, at the advanced age of two hundred and fourteen years. It is of the English Pearmain variety, and was imported in 1638, by Gov. George Wylley, and bore good fruit last season on the "Charter Oak Place," now owned by Hon. T. W. Stuart, of Hartford. Some of the fruit of this venerable tree was presented to the Connecticut Horticultural Society in October last.

For more than two centuries have the people been blessed with the fruit of Gov. Wylley's regard for the welfare of men who should "come after him." Every man should set out fruit and shade trees, so long as he has the physical power to do so, that "future generations may rise up and call him blessed."

FRUIT is to be one of the *Essentials* of HUMAN FOOD—and the APPLE will always be the staple Fruit—while other more fluctuating varieties will still be appreciated as luxuries. Let a table be well supplied with plenty of good bread and good fruit, and but little money would be expended for beef, pork or mutton, fish, flesh or fowl, for human food.

## Dress Reform.

### A BLOOMER TO HER SISTERS.

BY SARAH E. SELBY.

HAVING been highly entertained by various communications in your thrice welcome JOURNAL, from my sisters scattered abroad, laboring in the good cause of reform, and especially dress reform, I thought to add my mite of influence in the good cause, by saying a few words on the same subject.

I have just thrown off the bonds of fashionable slavery, in the wearing of long heavy skirts, whalebones, sticks, &c., and have arrayed myself in the full "American costume." This was a duty long impressed upon my mind—I knew I was daily suffering pains, penalties, and inconveniences of various kinds, from an adherence to fashionable dressing, that could be escaped only by an entire change from the "old ways" in this particular. But the courage to assert my freedom in the choice of the cut of the clothes I

\* Frequent, vain and painful desire to go to stool.

† The excretory duct for the urine.

‡ Extreme difficulty in evacuating the urine, which is accompanied with heat, pain, tenesmus at the neck of the bladder.

should wear, and to meet the scorn and derision of the votaries of fashion and the jeers and slurs of the rude and vulgar, was what I needed. But the deed is done—I am *free*—forever free from the yoke of that bondage which is causing more of the ills and sufferings of our sex, and hurrying more of them into the regions of the dead, than perhaps any other one system extant.

I stand alone in this place—no one besides myself having yet dared to meet public scorn in this glorious enterprise. But what of that? Shall one falter in this good work, because she is alone, or because the fashionable world join in their contempt of advancement, while the millions are bowing low, and cringingly paying homage at the shrine of murderous fashion? Nay, verily, we plant ourselves upon high and sunnoble principles, in which are embraced all the joys of social life; and though single and alone, we may fearlessly meet the mighty tide of public hate; and meekly bear along the triumphs of our cause, as light on this momentous question may be disseminated, and the people converted to its truths.

I hope my sisters, everywhere, who have embraced this "great salvation," and have thrown off a "load too intolerable to be borne," will "stand fast in the liberty wherewith they have been made free, and be no more entangled with the yoke of fashionable bondage." And I also hope that those who are convinced of the importance of the "new costume," and who are "almost persuaded" to embrace it, and through it deliverance from a long train of sufferings; and also the enjoyment of health, ease, comfort, and all the pleasing delights that flow from these fundamental ingredients in human happiness, will do their duty—will take a firm stand in the practice and defence of the only movement now in society that promises, in any very flattering sense, the salvation of our sex, and through them of the entire race from decay and utter ruin. Make yourselves acquainted with physiological laws—know yourselves in all the departments of your being physically, and seek the health and lively exercise of each and all, of all that composes the exterior man; for upon this depends your enjoyment of the life that now is, and without which no very bright prospects concerning the future can cheer the soul during its short and uncomfortable stay in the clay tenement. I say, make yourselves acquainted with these important principles, and then add to this knowledge, courage, and the work is done—then the long skirts, whalebones, and all such appendages, must go by the board, and you will leap into the enjoyment of life, and forever bless the day of your deliverance.

But, excuse me, I did not set out to exhort others to their duty, or to offer arguments in favor of "Bloomerism." I only wished to tell you how *free* I feel, how *light* and *comfortable*—I am like the uncaged bird, I feel as though I could almost fly—I am like the woman of old, whom "Satan had bound for eighteen years"—I can stand erect—can run to my work, and do truly feel that I am released from very heavy bonds which bound me (as they do thousands of others), especially on the Sabbath days. And farther, though it is the dead of winter, I find the "Bloomer costume" to be far warmer than the old bonds, though not weighing more than one third as much. In soberness and sincerity I recommend the "Bloomer" before any other dress I have worn, or seen, for health, comfort, and beauty, and do wish a "God-speed" to the time when it shall be generally adopted.

Woman was neither made a toy nor a slave, but a help-meet to man, and as such devolves upon her very many important duties, and obligations which cannot be met so long as she is the puny, sickly, aching, weakly, dying creature, that we find her to be; and woman must, to a very considerable extent, redeem herself—she must throw off the shackles that have hitherto bound both body and mind, and rise into newness of life.

In conclusion, let me say to my sister readers of the JOURNAL, exert yourselves in the good word and work of *Reform*; some can lecture, some can write, and some can "doctor;" and others can at least make and wear a "Bloomer,"—quit the use of tea, coffee, tobacco, and pork, and use cold water in more ways than merely upon clothes and dishes, and thus light, and health, and cleanliness, and beauty, may soon become common with us, and we may live to a good old age, be a blessing in our family circles, and in society abroad.

Wishing you all great success in the good cause, I bid you farewell for the present. [Hartegig, Pa.]

BRIEF QUOTATIONS.—[We copy the following paragraphs from some of the many excellent communications on the subject of Dress Reform, which we have received, and which our limited space will not allow us to print in full:]

AN ILLINOIS BLOOMER.—I have worn the short dress almost two years, and nothing would induce me to lay it aside. I have dispensed with whalebone and stays of every kind, and in their stead I place a row of buttons and button-holes in front of my dress. In this costume I can walk with ease, breathe freely, and keep clear of the mud, of which we have an abundant supply in Illinois. I am the only person, here to my knowledge, who wears this dress, and for that reason I am the subject of some unpleasant remarks, and occasionally a titter from the unprincipled, but this only tends to make me the more decided in the good cause of Dress Reform. C. S.

OPPOSITION.—Perhaps you have had opposition from unanticipated quarters. I have had, also, but it did not induce the abandonment of principle, in my case. Some good ladies have had the extreme kindness to suggest the idea that I was endangering my "market," (to speak plainly), by going in such direct opposition to public opinion. And another, who professed more love for me than for my dress, blandly said to me, that, "HER only son" would gladly pay me certain attentions, "but felt that he could not unless I would change my style of dress!!!" J. B. M.

AN ANECDOTE.—We clip the following from an article on Dress Reform, by our correspondent, Mary E. Tillotson, originally published in the *Chenango News*:

But what shall we say of those who oppose the reform through sheer ignorance? who have not sufficient penetration of thought to trace a woeful effect back to its wicked cause? who see no reason for this universal complaining, and grow morose because woman cannot be the ever-patient drudge, however manacled, never dreaming that she has a higher, holier office than servile ministration to their wants and caprices? If these were not too obstinate to reflect, there might be hope of soon enlightening their understanding; but only a few will merit the credit of considering and yielding their point. Some will, however, and, if I may be indulged in anecdote, I will state the case of one. With a sad face, he bent over my sister's chair, and entreatingly said—

"I want you to take off this dress and appear as you used to."

"I think I appear better in this than in any other," she laughingly replied.

"No, you don't, nor anybody else; it is all nonsense; and I do wish you would never put it on again," he earnestly added.

"Well," said she, "it looks so pretty, and feels so well, that I think you will have to let me wear it."

Perceiving she was in too humorous a mood to impress him favorably, I interrupted by saying, "You are an old man,—have seen sisters, wives and daughters, sink around you to untimely graves, and now see the rest of your unfortunate sex following in their footsteps. Are you not willing that these suffering survivors pause in their tottering career, and ask way the way is so thorny and pestilent, and the tomb yawning in near prospect? and if merciful Heaven returns the rebuking answer, 'Because you have departed from my pleasant paths and life-inspiring laws,' can you not brook to see them seek those flowery paths, and in those wholesome laws find health and long lives of happiness?" Erecting himself with a mien of much thoughtfulness, the old man slowly responded:

"I have seen my own perish; I do see the whole female community fading away, from some cause; if this dress is any better for you, wear it, in all conscience! I am willing."

FASHION.—Nothing seems too sacred to immolate upon the altar of Fashion. Neither happiness nor health—not even life itself, is exempt from the great sacrifice which this inexorable goddess requires from her followers. Some may be startled at this assertion, but no one can deny its truth. Take, for example, the present fashion of the *lady's* dress. Look at the delicate, tapering waist, so beautiful in the eyes of many—and so *fashionable* withal,—do you think the God of nature formed it thus? Do you think the internal organs of that chest are in their natural places, and perform their proper functions? Common sense will tell you they are not where the Creator placed them, and consequently are obstructed in their various operations. But why is it so? why this strange departure from nature's laws? Oh! it is the Fashion—only the Fashion! A DAUGHTER OF REFORM.

THE NEW COSTUME.—Try it, my sisters, ye who enjoy the freedom of the country, and ye who live in villages and cities. Scorn those whose lives are passed upon the sidewalks, making remarks upon every lady's dress, be it long or short. Perhaps you may be greeted with "three cheers for the Bloomers," or "hurrah for trowsers," or some such low, ill-bred expressions, but pass on, never minding. I said scorn them, but not without pity. There are some ladies, of such delicate nerves, and still more delicate sense, that are most terribly shocked at the sight of a Bloomer. To these, I would say, make no comments upon our dress, wear yours as long as you please, and draw your consumption strings as tight as you please; but if we choose to give freedom to our lungs, by loosening our dresses, and freedom to our feet, by shortening them, allow us the privilege. If by chance we meet, stand upon your dignity, never fear for us, we will take care for ourselves. MARY MORTON.

## Voices from Home.

### EXTRACTS FROM LETTERS.

FROM ST. CHARLES, ILL.—[A good friend and co-worker sends us a very welcome communication, from which we make the following extracts. We are sorry we cannot find room for the whole article:]

Hydrophathy is but little understood here. A few, thanks to the WATER-CURE JOURNAL, which they take and read, who have been vastly benefited by it, who will not make walking apothecary shops of themselves; who throw superfine flour to the winds, and from whose tables the "gentle lamb"—in other words the *hog*, is forever banished. I shall send you a club of twenty or more subscribers in a few days, which will be better for this village than all the poisons which decorate the shelves of our three apothecary shops. Most of our people, when afflicted with disease, employ an Allopath, and if nature and a good constitution overcome the disease and the treatment, well and good; but if drugs kill the disease with the patient, then it is a "mysterious dispensation of Providence."

One fact and I close: A neighbor, who is a firm believer in the Hydrophathic gospel, had a child about two years old, taken down with a violent fever on the 24th of last March. During the forenoon they packed her in a wet sheet four times, still there was no abatement of the fever. She was then taken out, held naked over an empty wash-tub and a pail of cold river water held down low and poured on the neck and head, then turned over and poured on the chest; after which she was rubbed dry and warm, especially the extremities, and dressed. The fever was broken, and the next day the child was as well as ever. O. K.

FROM FREEDOM, PA.—[A friend in this place writes as follows:]

I have been taking both Journals since January last, and

have read with much interest many articles contained in both these "Heralds of Reform." I am now a complete convert to Hydropathy. Many around me are halting, as between two opinions, but they must yield to the power of conviction, and acknowledge the superior merits of Hydropathic treatment. For the speedy and universal triumph of this system will I live and labor.

J. L. R.

FROM NEWPORT, N. Y.—[Such cases as the following should open the eyes of the victims of old systems and time-honored abuses. Read it, mothers:]

On the evening of the 9th of March, I was confined with my fourth child, after a short period of labor. On the 10th I sat up half an hour morning and evening; on the 13th sat up most of the day; on the 14th I sewed most of the afternoon; on 16th walked out in the open air, (the weather being very cold at the time); on the 17th called on one of the neighbors: bathing daily and drinking cold water.

Facts like these, though common to the readers of the WATER-CURE JOURNAL, are rather novel in this place, and they cause a great deal of talk among those who think that lying-in women must keep their beds and rooms a certain length of time. It has quite alarmed some of the dear mothers here, because I exposed myself to the open air when my babe was only a week old—in winter weather, too!

A. N. R.

FROM COVINGTON, GA.—[As one out of the many cases which we might quote illustrative of the influence of the JOURNAL, and the progress of the cause in the "Funny South," as well as elsewhere, we give the following, which came to us with a large list of subscribers appended:]

I have for the last twenty-five or thirty years been trying to combat the ills we poor mortals are heir to, upon the Allopathic plan. Some thirteen months past, a female friend handed me a number of the WATER-CURE JOURNAL. Since that time, I have investigated the subject, and am fully convinced that I can treat any disease that I have had to contend with, more successfully—in a much shorter time, and with far more comfort to the patient—upon the Hydropathic than upon the Allopathic plan. This section has been remarkably healthy the past year. I have had a number of cases of fevers of different types, typhoid, bilious, continued, remittent, intermittent, pneumonias, puerperal, dysenteries, croup, bruises, etc. I am happy to say that I have lost but two patients, and those were infants, (cholera infantum,) treated upon the mixed plan.

H. J. B.

FROM HAMILTON, N. Y.—Enclosed, find a list of fifty-two names for your WATER-CURE JOURNAL, and twenty-six dollars to pay for them. The cause is flourishing here admirably. The people are beginning to wake up to their own interest, and I think as I did one year ago, that ere long one hundred copies will be taken at this office. Last fall, my son, eighteen years old, was saved from the devouring jaws of death, by the application of the water treatment, after having been regularly attended three times a day by the best Hydropathic physicians in the place, until he was given up to die by all that saw him.

T. W. W. \*

FROM RISING SUN, IND.—[A correspondent sends the following report of an interesting case of Inflammatory Rheumatism:]

A young man was taken with a pain in the metatarsal region of his left foot, which ramified very rapidly, until his nervous and osseous system was in the most acute pain. The doctors were soon called (Allopathic, of course)—bleeding, blistering, fomentation, and other like applications were, by turns, very energetically put into operation, until the disease, (Inflammatory Rheumatism) with the debilitating influences of the medicine, had completely prostrated the patient. Near the expiration of six weeks, the doctors gave him up to the "last enemy, which is death;" but he who is mightier than man, provided a remedy. The patient was taken out doors, and placed on a chair, while a "strong man, well-armed," stood above him, and poured half a barrel of cold water upon his body, after which he was carried back to bed, and well covered. The perspiration flowed freely, and consequent relief followed. Like applications, with life effect, were made twice a day for three days, and on the third day he was able to walk quite briskly. The disease was about one week in leaving the system entirely, and the effects wore off by degrees.

R. H. R.

FROM CALLEDONIA, PA.—[Water-Cure folks do tell some rather "big stories," but the beauty of the thing is, that they are no less true than big. The following is strong testimony:]

Some of the stories in the JOURNAL from your big doctors, we think, sound pretty large, but they are not so large in reality, as what we, here in the woods, are doing all the while; just for a stimulus. Permit me to tell you what it is we are at; no long story—no, no, I'll tell it in a lump.

The scarlet fever rages here badly this winter. The Allopaths went to work in the first place and let some half-dozen lovely children die. The disease generally turns on the third day. Few that die survive the third day; but the bigness of my story is this—*Water-Cure children all get well without any Doctor!* Even some who could not be persuaded to take the JOURNAL, when their children get sick, instead of running for a Doctor, run to ask neighbor WATER-CURE what he did, then go home and do likewise, and they all get well as yet, without a solitary failure. And now to convince you of the facts here stated, I give you my true name, and "take the responsibility." I would give particulars if I was sure I could make the communication acceptable. Allopaths have said, "When they (Water-Cure folks) have killed three or four they will be satisfied;" but now they look the other way when they see even a mud-puddle.

V. D.

FROM GLOVER, VERMONT.—I am heartily glad that your invaluable labors are so fully appreciated by the public. I have never met with anything like Water-Cure in cases of disease. It is the people's panacea, and will particularly meet the wants of those who are too poor to be at the expense of eking out the pains of life in the use of Allopathic poisons. This was formerly a sickly place, but since your clean sheet has gladdened us, we have become hale and hearty, and pill-peddling correspondingly meagre in its returns of profit. You ought to have a million of subscribers in the United States alone, and unless I much mistake the signs of the times, will have in a very few years.

T. J. T.

FROM HAMILTON, C. W.—Having received and read your JOURNAL with much interest, for the last two years, I was about remitting the subscription price for volume fifteen, when the idea struck me, that there might be a club raised; without making much of an effort, and acting on the impulse, I went out for an hour, and the result is enclosed. I doubt not, but there are hundreds in this city, who would willingly subscribe, if waited on with the prospectus, but having no time to attend to it myself, I leave it for others.

W. W. R.

FROM MONTGOMERY CO., N. C.—I commenced taking the WATER-CURE JOURNAL January, 1861. I would not be without the knowledge of Water-Cure I have obtained from it and the Encyclopedia for five hundred dollars. I have used nothing but water in my family ever since, and have succeeded well; have had lately twenty or thirty cases of influenza in my family, all of which yielded admirably to the wet sheet and warm water drinking. I do hope the people will soon get their eyes open to the good effects of water and the danger of drug treatment.

L. A.

FROM TIOGA, PA.—I doubt not the JOURNAL will save me five times its cost for the coming year, for I and my family have "thrown tea and coffee to the dogs," and mainly through its influence; and are meditating a like fate for all kinds of "dead animals."

HOME.—Home! how sweet, how tender the word! How full of the associations that the heart loves! How deeply interwoven are the golden filaments of these associations with all the fibres of our affectionate natures, forming the glittering web of the heart's golden life! Here are father, mother, child, brother, sister, companions, all the heart loves—all that makes earth lovely, all that enriches the mind with faith and the soul with hope! What language is meet for home use, to bear the messages of home feelings, to be freighted with the diamond-treasures of home hearts? Should it be any other than the most refined and pure—any other than that breathing the sacred chastity of affection?—*Hopes and Helps.*

To grow spiritually is the duty, work, and end of life

## Poetry.

### A PARODY.

To breathe, or not to breathe; that's the question.  
Whether 'tis nobler in the mind to suffer  
The stings and arrows of outrageous fashion,  
Or to bear the scoffs and ridicule of those  
Who despise the Bloomer dresses.

In agony,  
No more?—and, by a dress to say we end  
The side-ache, and the thousand self-made aches,  
Which those are heir to, who, for mere fashion,  
Will dress so waspish.

To live—to breathe—  
To breathe—perchance to gasp; ay, there's the rub,—  
For in the Bloomer dress what comforts come  
When we have shuffled off the tight-made dress,  
Must give us ease. There's the reason  
That makes sad havoc of so long life.  
For, who would bear the ills and pains of self,  
While laced upright in stays or whalebone,  
The rules of fashion—except to make a form—  
By the Creator made more fashionable;  
When she herself, for health, might comfort take  
By dressing loosely?

Willing those there are,  
Under a painful life to groan and sweat,  
For fear of being ridiculed.  
And thus they bear the ills they have, than fly  
To comforts which they know not of.  
Thus ridicule does make cowards of them all:  
And so the natural hue of countenance  
Is sicklied o'er with the pale cast of disease;  
To good advice pay no regard. And thus  
They lose the bliss of health.

Oliet.

MATTIE

### FREEDOM.

BY CHARLES MACKAY.

O, TRUE soul, there's Freedom for thee;  
Thou may'st win it,—not below—  
Not on earth with mortal vesture,  
Where to love, to feel, to know,  
Is to suffer; but unfeathered,  
Thou may'st spring to riper life,  
Purified from Hate and Evil,  
And Mortality and Strife.

Death is jailer; he'll release thee;  
Through his portals thou shalt see  
The perfection that awaits thee,  
If thou'rt worthy to be free.  
Be thou meek, to exaltation;  
Death shall give thee wings to soar;  
Loving God and knowing all things,  
Upward springing evermore.

### REFORM LYRICS. NO. III.

BY JOHN GOSSE FRENCH.

A PLUG of Tobacco? Get out—  
The man who puts that in his mouth  
Will soon want a strong whisky punch,  
To quench his intestinal drouth.

A segar? I'm obliged—I don't smoke,  
My tastes do not run in that way—  
And if you will take my advice,  
You will quit the foul practice to-day.

I prefer that my breath should be sweet—  
I prefer that my teeth should be white—  
I prefer that my mouth should be clean—  
I prefer that my nerves should be right.

I prefer that my hand should be firm—  
I prefer that my head should be clear—  
So, tobacco, and whisky, and tea,  
Farewell—for we meet no more here.



## The Month.

NEW YORK, JUNE, 1853.

"If THE PEOPLE can be thoroughly indoctrinated in the general principles of HYDROPATHY, they will not err much, certainly not fatally, in their home application of the WATER-CURE APPLIANCES to the common diseases of the day. If they can go a step further, and make themselves acquainted with the LAWS OF LIFE AND HEALTH, they will well nigh emancipate themselves from all need of doctors of any sort."—HYDROPATHY FOR THE PEOPLE.

## JUNE JOTTINGS.

BY R. T. TRALL, M.D.

COMING EVENTS.—The shadows of what is rapidly coming to pass are thickly gathering around us. The medical profession is in a condition very like that of the political parties on the eve of an election—"commotion—motion—motion." The great, grand, and all-pervading theme of the allopathic journals is quackery, quackery, quackery—what shall be done with quackery? The inaugural addresses of medical professors, and the annual addresses before medical societies, are redolent of superfluous talk on the everlasting subject; and the "nature, causes, and cure," of quackery are discoursed upon with a great deal more words than wisdom, all over the area of enlightened communities.

To us these things have a meaning. We see, or "seem to see" in them, the indication of such a moving of the long stagnant waters of a false philosophy, as shall eventuate in their purification. It is especially interesting to remark that, in the multitudinous dissertations we have read on this subject, during the last two or three years, not one has pointed out a hopeful remedy! Though any amount of eloquence is expended on the fact that quackery is a fixed fact amongst us; that it spreads broad and wide; that it runs rampant in the land; that it is sadly undermining the dignity of the profession, and diverting the emoluments thereunto properly appertaining to irregular pockets; no one can write or speak of the curability of the evil except in language of the most dolorous despair.

Loud complaints and deep lamentations are uttered in many quarters, because the laws do not sufficiently protect the medical profession. The people are blamed because they employ any but the "regulars" when sick; and legislatures in several of our States are soundly berated because they do not put a stop to unorthodox practice by force of statutory enactment.

But in all this clamor one small circumstance is always overlooked. The advocates for protecting the profession (which means, allowing nobody to doctor except the doctors of the drug school,) always forget to try to make it appear that their services are more useful to the sick person, than those of the veriest quacks in existence. Nay, they absolutely re-

fuse a comparison of results between their practice and that of other systems, which they denounce as quackery. And further, they even refuse to give the public any reasons, save their own dogmatical assertions, why the system which they wish to perpetuate by law, (not daring to trust it longer to its intrinsic merits,) is any better than those they condemn.

Since Hydropathy gained an impregnable foothold in the United States, our brethren of the Allopathic School have had six several National Conventions, the last of which has just been held in this city, to devise ways and means, and concoct plans and schemes to put up the dignity of drugopathy, and put down the indignity of all other pathies. We are sorry to be obliged to chronicle that no sort of success has attended their painful labors, either as regards putting themselves up or others down. We, however, derive from hence an opportunity to congratulate the friends of medical reform; for every attempt to fetter and trammel public sentiment and individual freedom, gives us precisely the opportunity we want to expose the absurdity of the whole drug system, and teach the people a better way.

We learn from the *London Journal of Health*, that allopathy in England is also in a terrible state of tribulation, because the people there are beginning to prefer the Eclectic's catnip to their calomel; the Homœopathic's arnica to their blister; and the Hydropathic's cold-wet-sheet packing to their warm red-blood spilling. And there, as here, instead of giving the people satisfactory reasons why they should be recognized as the only and exclusive conservators of the public health, they are driving at the legal authorities for protection—for a stringent law to compel the people to be bled and blistered by them, whether it be agreeable or disagreeable to the said people's preferences and feelings.

But *nihil tam absurdum, quod non dictum sit ab aliquo philosophorum*. There is no absurdity which has not been maintained by some philosopher. Concerning the attempt of the English allopaths to get their system protected by a special act of Parliament, *The Journal of Health* remarks:—

"If we judge from preparations now being made by the faculty to 'put down' true medical reform, it would appear that the downfall of the old school is not far distant.

Allopathy must have a very bad reputation at the present time, if its disciples are obliged to call in the aid of Government to regain the power it has evidently lost. And it will be impossible for medical men to recover any of their former repute, if they intend coercing people into an already declining patronage.

What are we to think of their liberality? or how can they gain the respect and confidence of mankind? when such obnoxious language as 'conviction before a magistrate,' 'the offence was committed,' etc., etc., are used in their Bill. And all this to perpetuate one of the greatest evils afflicting humanity, namely, the

old school practice of medicine, concerning which Dr. Forbes says, 'Things have arrived at such a pitch that they *cannot* be worse; they must either mend or end.'

It is truly humiliating in this age of free-trade to behold a body of men becoming dependent upon an Act of Parliament to 'protect' them from the spread of truth and the increasing demand for physiological instruction."

WATER-CURE ESTABLISHMENTS.—Our readers need only look at the advertising department of this JOURNAL to discover the fact that Hydropathy is extending itself in all directions, as fast, at least, as is consistent with healthy growth. The list of cures is not only much longer than in any preceding year, but many of them have greatly enlarged their business capacities. The increase of Water-Cure practitioners who do not conduct establishments has been still greater, while, greater than all, is the demand for good establishments and competent physicians to manage them, North, South, East, and West.

DOG MEAT AND HOG MEAT.—The *Cincinnati Inquirer* tells the following story of "unmitigated rascality." It is horrible enough to think of eating the carcass of a dead dog; but in our judgment there is nothing more intrinsically horrible in the thing than there is in eating the carcass of a dead hog—one of our "staple" foods. Habit may make us revolt at the dog, and smack our lips at the hog; but it would trouble Quoggs or Noggs to give a reason why one should eat the hog and refuse the dog:—

"A DOG KILLED TO BE SOLD AS MUTTON IN MARKET.—A case was brought before the Police Court yesterday, which, in the testimony, disclosed facts of the most unmitigated meanness and revolting character, involving the health and lives of our citizens. William String, a butcher residing in the rear of the Brighton House, and holding stall No. 10, Wade street Market, was arraigned before the Court on the charge of selling unwholesome meat, as provided for in the ordinance. Mr. Todhunter, Market Master, testified that he had been informed that String had killed a dog on Sunday morning, and dressed it after the manner of dressing mutton, for the purpose of selling it in market. On receiving the information, he went to the slaughter house and there found the dog suspended from a hook, regularly dressed, scored, and prepared for market. Several witnesses were examined relative to the charge, all of whom corroborated the evidence of Mr. Todhunter, while one or two testified they had known the prisoner to purchase a slunk calf, three days old, and offer its meat in market for sale; also diseased hogs. In fact, the evidence elicited was of the most revolting character, and well calculated to make mankind forswear the use of meat forever. One of the hands in the employ of String stated that he had killed the calf referred to, as well as the dog; but in extenuation of the latter, stated that it was for the purpose of procuring the fat of the dog for medicinal purposes. The evidence, however, went to show that if the discovery of the killing of the dog had not been made, in all probability the animal would have been offered in market as mutton, from the fact of its being carefully

dressed and scored, after the manner of dressing such meat. The court, Judge Spooner, spoke at some length on the enormity of the crime charged against the prisoner, and the necessity of strictly enforcing the laws in regard to the selling of impure meats. The sentence of the court was, that he should forfeit his stall, No. 10 in Wade street market, and be forbidden to appear in market for the space of six months, and to pay a fine of \$20 and the costs of prosecution, and to stand committed until paid."

**ANIMAL FOOD AS A STIMULANT.**—We join issue with the *London Journal of Health* on the positions it assumes in relation to using stimulating food for medicinal purposes. It says in the April number:—

"In certain cases of disease, as the later stages of fevers and inflammation, and in some forms of general debility, the use of animal food is necessary, even to infants. But it is to be given as a medicine—as a stimulant. In these cases it acts very much after the manner of wine, giving firmness and power to the circulation, exhilarating the nerves, and restoring the heat of the body. Most of the cases in which its use is proper will be specified hereafter."

Now we have seen great, very great mischiefs result from this whimsical notion—for we regard the whole attempt at reasoning as merely the expression of a whim. Our theory is—and our practice corresponds with it—that the condition of exhaustion consequent on the struggle of the vital machinery in ridding itself of those morbid influences which induced the fever, requires the most perfect rest and the purest nutriment. And the admitted fact that animal food in such cases acts very much after the manner of wine, is an additional reason for its condemnation. We have prescribed neither animal food nor wine, nor stimulus of any kind, in the decline or later stages of fevers, and we have never seen any tendency to "run down" by their non-administration. In fact, the running down is often produced and always aggravated by stimulating foods and medicines, albeit they may and do produce a transient excitement, heat, augmented circulation, and other evidences of vital resistance, vital disturbance, and vital waste.

**CHLOROFORM IN MIDWIFERY.**—Our New York State Medical Society, as we learn from the *Boston Medical Journal*, has discussed this matter, and a majority has come to the conclusion that it ought to be administered to women in labor. The data presented to sustain this conclusion appear to us to point exactly the other way:—

"The subject was introduced by Dr. Burwell, who read a paper upon it. He had administered chloroform in one hundred and eighty cases—one hundred and twenty-two of which were greatly relieved, fifty-five partially, and three got no relief from its use. In seventeen cases, labor was terminated by the use of forceps—in one case by craniotomy—in one by turning. Eighty-eight of these cases were patients in labor for the first time."

Notwithstanding, Dr. Burwell assures us that "there had not been a single accident resulting from its use." We must appeal to his statistics to prove the contrary. What mean *eighteen cases of instrumental labor* in one hundred and eighty, unless it mean that the chloroform so paralyzed the muscular power as to render forceps necessary to do what nature should have done, and what, unmolested, nature would have done? A resort to instruments in one case in ten, shows a most unusual and extraordinary ratio of difficult cases. We can give the names of *female* midwives, who, before chloroform was in fashion, did not have occasion to employ forceps in more than one of a thousand cases, and in some public institutions, (before chloroform was known,) forceps were not used once in five hundred cases. If all the women in labor were to take chloroform for two or three generations, there might then be a seeming necessity for forceps, or some other instrumental assistance in every case!

**COD-LIVER OIL COME AGAIN.**—The *Boston Medical Journal* is entitled to the credit of furnishing the profession with the following intensely delectable item of scientific intelligence:—

"A physician states that cod-liver oil may be administered without the least disgust to a patient, by chewing and swallowing a small quantity of the roe of a smoked herring, both before and after taking the spoonful of oil. A piece of sardine will answer, if herrings are not palatable."

And suppose, Mr. Medicus, neither the herring nor sardine is palatable? Your plan is too much like rendering a rotten egg palatable by chewing and swallowing a small quantity of assafetida.

**PHYSIO IN SCARLET FEVER.**—The ill success of all physicians who have treated this disease allopathically, has long been a standing theme of medical journals. A Dr. Hereford, of Petersburg, Va., says the *Intelligencer* of that place, has expressed the opinion that this general bad success of physicians in its management, is in consequence of giving too much physic. This doctrine has been taught out of the regular profession for the last twenty years; and if its truthfulness (and we know it to be true) find a general reception by the profession at the end of the next twenty years, humanity may be thankful.

**MAN'S RIGHTS AND WOMAN'S DUTIES.**—The *Boston Journal* says:—"Female colleges were denounced at a meeting of divines and others, at Pittsfield, Mass., the other day. They object to these modern institutions for turning women into men." There are in this city twenty thousand men occupied as clerks in crockery, shirt, hosiery, thread-and-needle, ribbon, parasol, and other stores, where all the business is light, easy, and peculiarly feminine, yet we hear of no "divines and others" assembling themselves together to denounce these

institutions for turning men into women. We are sorry those divines did not hear Lucy Stone's lectures at Metropolitan Hall, recently. She told the men that they ought to possess a little more tenderness, amiability, and feminine gentleness of disposition; and she told the women that they ought to cultivate a little more courage, vigor, fortitude, and self-reliance; and she told both sexes that they should strive to imitate, in their moral and intellectual natures, that model embodiment of all that was good in both male and female—Jesus of Nazareth. Can those Pittsfield divines preach a better sermon than this?

## Generalities.

### HYGIENE AND ASSOCIATION.

This brief article in our April number, under the head of "To Associationists," has elicited several responses. We desire to promote fraternal co-operation and unity of interests among men, and sympathize with every movement which tends to embody Christianity in practical life; but in the present crowded state of our columns, we can give but little space to the discussion of the questions raised by our correspondents. A. C. wishes us to permit letters to him, on this subject, to be addressed to our care. This, post-office regulations, as well as our own business, forbid; but we will publish the name and address of any person interested in the movement who will consent to receive communications on the subject, and thus establish a communication between those who may desire to unite in the proposed Association. This, until an organization can be effected, is the best plan we can suggest.

We proceed to give the pith of two or three of the communications on the subject, now before us. First, we present extracts from an article (for the whole of which we cannot find room) from the pen of Alfred Cridge, whose post-office is Toronto, Canada West, but who expects to be in New York during the present month, (June):

With reference to an article addressed to Associationists, in April number, I have to say, that for some time past I have been agitating the subject, and want a Community started on the following platform:

I. Health reform on systems advocated in *WATER-CURE JOURNAL*, *Sax's Organic Laws*, *Graham on Human Life*, &c.  
II. Organized Labor in domestic and business life, comprising unitary dwellings, joint-stock *vegetarian* farms and manufactories.

III. Supremacy of the Love principle, the practical realization of Christ's teachings by co-operation in place of competition, thus laying the foundation for a higher life by excluding selfishness, and by a double economy: 1st, that of production, by organization and division of labor; 2nd, that of consumption, by a simple, cheap, and healthy diet of unbolted farinacea and fruits. By buying in large quantities, by dispensing with unnecessary and wasteful labor, we leave a large margin of time to be occupied in cultivating our intellectual and spiritual faculties, free from drawbacks of sickness, sorrow, anxiety and excessive labor.

Thus are three reforms united in one—sanitary, social and spiritual—resulting in a *TAJANE PHALANX*.

To disseminate vegetarianism, we want statistics. The average per centage of deaths in the Northern States annually is 2 per cent., something under one half per cent. among teetotallers. If the mortality in a vegetarian phalanx only amounted to one tenth per cent., it would be a more convincing fact than all that have yet been accumulated, of the superior healthfulness of vegetable diet rightly chosen. We want combined facts. Statistical arguments rightly directed are irresistible. "A tree is known by its fruit." Who will assist in carrying out the *first* attempt at combined reform yet made? Twenty-five men, twenty-five women, and children *ad lib.*, with aggregate capital of \$25,000, can soon test the efficacy of Vegetarianism, organization of labor, and practical "Christ unity" combined. Are there as many among

the readers of the JOURNAL, willing to come out and try it between this time and March 15, 1854?

Such as can conveniently repair to the vicinity of New York about the time of the Great Exhibition, had better do so. It is likely that a Convention will be called about that time, of such as are favorable to the above objects. They could probably employ their time for a few days in studying the mechanism of the Hopedale Community, near Milford, Worcester Co., Mass., North American Phalanx near Keyport, New Jersey, and Raritan Bay Union, near Perth Amboy, New Jersey.

"S. P. L.," Liberty, Ill., writes as follows:

There appeared an article in the April number of the WATER-CURE JOURNAL, headed "To Associationists," in which the writer wishes to be informed if there is a Water-Cure Establishment owned by a "joint stock association," and suggests the propriety of carrying one into effect.

I do not know of any. He wishes to have the readers of the JOURNAL to give their views on the subject. I, for one, will give mine. I am well convinced that if such an association could be carried into effect, much good would eventually result therefrom. There are matters of consideration connected with it—inatters that will be a serious obstacle. Some persons of such associations are better able to go into the establishing of such an Asylum than others; and it is to be feared that when the proper time should come to commence operations, those possessed of the most means would fly off the track, and leave the poorer class to do as best they could. However, I would be willing to invest my small capital in such an enterprise.

As for a suitable locality, I do not know of any as far south as I would wish to be. I know of one or two near Stillwater, in Minnesota, but these are too far north by some ten or twelve degrees. I should like best to have a site somewhere in latitude of thirty to thirty-five degrees north of the equator, near to some mountain stream. Tennessee would be a delightful place—somewhere near the Cumberland Mountains. There we could find a situation that would be just suited to the occasion.

Pass round the hat and see who will contribute to the erection of the *Water-Cure Asylum*. Throw in, brethren, you are on the right track.

"A PHALANSTERIAN," New York city, says:

I am in favor of association on a broader basis than that contemplated by your correspondent—a scientific and complete reorganization of society, but look with interest and favor upon all earnest efforts to solve the great social problem, and institute truer conditions and relations among men. I see clearly, too, the intimate connection between health of body and health of soul, and between these and social and industrial harmonies.

I think that such an Association or Co-operative Community as is proposed, should be located somewhere in the great central Alleghanian or Apalachian region of the United States. In sundry journeys, rambles and sojournings on both sides of the mountains in Virginia, East Tennessee, North Carolina, South Carolina and Georgia, I have seen hundreds of spots peculiarly adapted to such an enterprise. I should prefer the northwestern corner of North Carolina or the northeastern corner of Georgia, were I to engage in such an experiment. The soil is sufficiently good, the waters, clear mountain streams, very pure, the scenery grand, and the climate the finest in the world. There are plenty of places in those regions which need only societies of men, women and children, living in the harmony of the DIVINE ORDER, to make each a little "Paradise Regained." To name a single spot, I will point to Naucocochee Valley, Habersham Co., Georgia, (see an article by T. Addison Richards in *Harper's Magazine* for May, 1853) one of the loveliest little nooks on the continent. But to find the men and the women prepared for association is more difficult than to find the place.

USE OF AMUSEMENTS.—There is much in this world that is dark and gloomy. There are a thousand little troubles, trials, and disappointments, which vex and make us sad. There are hardships, toils, and fatigues, which would wear down and make gloomy our spirits, were it not for this merry-making fellow within us, who spices up life most admirably with his jocularities and sport. Nothing is more paralyzing to the mental energies, or more destructive of moral power, than a fixed and sullen sadness, or a cold, cheerless, benighted state of mind.—*Hopes and Helps*.

## Miscellany.

A NEW PROPOSAL FOR CLUBS.—In many sparsely settled towns it is hardly possible for our friends and co-workers to obtain fifty or a hundred subscribers to either one of our JOURNALS. Whereas, if they were permitted to obtain subscribers for ALL THREE JOURNALS, at club prices, it would lessen their labor, and at the same time, enable them to obtain a club of 50 or 100 within the limits of a country post-office. We have, therefore, concluded to make the following liberal offer:—

FOR TWO DOLLARS—A copy of THE WATER-CURE JOURNAL, THE PHRENOLOGICAL JOURNAL, and THE STUDENT, will be sent one year.

FOR FIVE DOLLARS—Two copies of each will be sent.

FOR EIGHT DOLLARS—Three copies of each; and

FOR TEN DOLLARS—Six copies of each, or, twenty copies of either one.

FOR TWENTY DOLLARS—Forty copies will be sent, and the worth of two dollars in books.

FOR THIRTY DOLLARS—Sixty copies, and three dollars in books.

FOR FORTY DOLLARS—Eighty copies of Journals, and four dollars in books.

FOR FIFTY DOLLARS—One hundred copies of Journals, and five dollars in books; and any additional number of subscribers at the same rates.

The books may be selected from the extensive catalogue published at the office of this Journal, and sent by mail or express, as desired.

We know many will avail themselves of these liberal terms, and place a copy of one, or each of these Journals, into the hands of every family in their vicinity. A little time, and a few kind and truthful words, will generally suffice to convince a neighbor of the utility of these publications, and of the economy which their introduction would secure. On these points present readers may speak quite as earnestly and zealously as ourselves; and we cheerfully leave the work, or the pleasure of extending their circulation, in their hands.

A VOICE FROM THE "OLD SCHOOL."—*Editors Water-Cure Journal:* I have practised Allopathy for eight years, and I believe with as good success as that school will admit of. I followed my calling honestly and conscientiously, believing it to be the best mode of practice known to mortals, and quite as good as we deserve; and I would congratulate myself upon the recoveries that took place in spite of my medicines. But I was never satisfied; there was always too much uncertainty connected with the use of drugs. I never could tell how my medicines would operate until I saw it. Sometimes they would operate in accordance with my mind and wish; but at other times in direct opposition, and to the manifest injury of the patient; and in all cases where much medicine had been given, I was aware of a permanent injury to the constitution. I once, in consultation, recommended a course of mercury for a delicate female who was laboring under functional disease of the liver, ordering a "blue pill" every other night, &c. The course was commenced, but the first pill produced such a severe pyralism that it was impossible to continue; so great was the swelling that the tongue protruded from the mouth, presenting a spectacle too horrible to look upon. This was not a case of mal-practice, nor was there any indiscretion on the part of the patient. It was a result liable at all times to follow even a single dose of the mercurial poisons.

I might multiply cases of this kind to any extent, or adduce evidence of the pernicious effects of drugs on the human constitution, but it is uncalled for at the present time, in our section of country, at any rate; the people are naturally getting tired of poisons; some prefer trusting entirely to the efforts of nature to re-

store them, rather than run the risk of being poisoned to death.

Now it is clear to my mind, and I think to every thinking person, that an all-wise and beneficent Creator never intended us to introduce any thing into our systems, the effect of which will be injurious, or have the most remote tendency to sap the foundation of life. All must concede the point that articles used by the Allopathic School have a pernicious effect on the constitution; the doctrine then of Allopathy is, that the God of nature has ordained that substances be taken to remove disease which will produce worse diseases than those to be removed. What would we think of a man who, to remove a social discord, would promulgate doctrines, the effect of which would be, according to his fore-knowledge, to produce a greater discord? Every honest man would at once condemn him as a malevolent being, disposed to sport with the calamities of mankind. But he would not be more so than the God of Allopathy. The God of the Universe is not a malevolent Being, therefore, not the God of Allopathy.

Tea, coffee, tobacco, and all articles of diet or luxury which injure the constitution, are liable to the same objections as drug poisons; and why should we violate physical any more than moral laws? By annexing a penalty to the transgression of physical law, the Deity has as emphatically declared against its violation as that thou shalt not steal or kill; and yet the mass of mankind, including those who should do better, go on just as though there were no laws to violate. May the time speedily roll on when man shall study and know the laws and conditions of health, and when he shall fear to offend against any one of Deity's laws as well as another.

As a means of information, the WATER-CURE JOURNAL comes to us as a herald of reforms. I hail it as a messenger from heaven, teaching transgressors the way of happiness. I have never been a subscriber to the JOURNAL, but have read some eighteen numbers put into my hand by a friend this winter. Since I have read them I have quit the use of tobacco, tea and coffee, and though it was a little hard at first, yet I am paid a hundred-fold for my sacrifice, in the increased joyous hilarity of feeling, so to speak, which animates me since leaving off the use of those articles. I have seen the virtues of water-cure in the following cases: First, my brother's wife, a woman of slender constitution, and delicate health, in a common way was attacked with inflammation on the lungs, in December last. My brother being a regular, treated her with drugs, but to no purpose, so far as benefit was concerned. Her fever ran two weeks with unabated malignity, when she was given over to her fate. She must die,—her doom is sealed. The whole *materia medica* has been ransacked, but without bringing any thing to relieve. Friends and physicians are anxiously watching to catch some expression, some spark of returning vitality upon which to build a hope; but the march is onward!—down!—down! the declivity of time with fearful velocity! At this crisis water-cure stepped in;—the patient was wrapped in the wet sheet wrung out of cold well water, a little raised in temperature. A moment of anxiety. Presently the system begins to relax; that anxiety of expression begins to leave the countenance as the fog before the morning sun; the glazed eye returns to its natural lustre, and finally wearied nature reposes in sleep. The wet sheet and compress were used according to circumstances; she improved gradually, until now she has entirely recovered, and enjoys her usual health, to the astonishment of all who knew the case. I cured a case of chronic diarrhoea in my own family with water, after using drugs some eighteen months without effect. A case of croup that resisted drugs till hope was gone, yielded to water applied in the form of snow to the chest and throat. I have treated some dozen cases Hydropathically, and am entirely convinced of the superiority of that mode over the old.

We see from the above cases that Hydropathic treatment will save when the old will fail; besides, it has no injurious effects on the constitution.

Little York.

A. A. ALLEN.

**HOME PRACTICE OF WATER TREATMENT.**—Mrs. B., of Hartford, Ct., writes as follows: A young woman of my acquaintance had been sick nearly two months with a sore throat, and has paid much money for medical advice, but got no better. Her throat was badly affected, and at times would swell so badly that she could not swallow. I told her she must drink nothing but cold, soft water; eat nothing but the lightest and most simple food; bathe twice a day in tepid water, rubbing well with crash towels; take a warm foot bath on going to bed; wear a wet compress of cold water on the neck, changing every two hours during the day, and to keep her room well ventilated. This course she pursued a week. I then directed her to use cold water for bathing, to bathe in a warm room, and pursue the same course as before. In another week she sent me word she was well, and would never use any thing as a medicine but water.

My little son, six years old, was taken sick in the evening with headache and high fever. I bathed or sponged him over constantly for two hours, his fever continually growing worse. I then took a coarse linen sheet, wet half of it in cold water, leaving it dry on the outside—wrapped him up in it as closely as I could, giving him all the cold water he would drink. In twenty minutes he was asleep, and continued to sleep till morning. When he awoke his fever was gone; he appeared languid and looked pale, but did not complain. I was very careful of his diet, and he required nothing more. In about ten days several boils appeared on his side and back, which I supposed to be the effect, or the crisis, of the Water-Cure.

A young lady who had been living with me some time, was taken sick with a sore throat, attended by a raging fever. Every symptom was bad. I commenced by wrapping her throat in wet, cold cloths, bathing the head and breast frequently. She had cold chills, eyes suffused, and could not bear the light. As she grew worse my family were concerned for her safety, and wished to call a physician, fearing she would die, and that we should be censured by her parents for our course. I told them if water could not help her, nothing could, and that I knew I was doing right. But I was somewhat alarmed. The system I loved so well, and had so much faith in, was in danger. I knew my family had but little confidence in the system, and I really feared that the young lady would die. I had never seen a case like this, of putrid sore throat, but I resolved to do the best I could, and trust in Providence and Hydropathy, for I felt nothing else could save her. What happiness it would have afforded me to have been able to have consulted a Hydropathic physician! But I had not even ever seen one, and was obliged to rely on the knowledge I had obtained from the WATER-CURE JOURNAL and other works on the subject, to save her. I took a linen sheet wet with very warm water, in which I wrapped the feet and limbs which were cold. I laid cold cloths on the head, neck and breast, changing them frequently. So much was her throat swollen that it was only with the greatest effort she could swallow. I made a mucilage of quince cores, and by putting a little of this in her mouth first, she could take a little water. This I gave her once in five or ten minutes, with about a gill of cold water. The cloths used had to be changed for fresh ones every few minutes, the smell of fever becoming so strong as to be so offensive that we could not stand by her. In about ten hours the fever began to subside a little. I then gave her three enemata during the day, with much sponging of the whole body while the fever was on. The next day she was able to sit up some, and in a few days was quite well; and often expresses the opinion that but for the Water-Cure she must have died.

**HOW THE DOCTORS KILL FOLKS.**—MRSSES. FOWLERS AND WELLS: I have been a subscriber to the WATER-CURE JOURNAL for nearly three years, and am more and more confirmed in the Water-Cure principles therein taught.

I never had occasion to try the efficacy of Water-Cure processes until lately. My brother, a young man of seventeen, was seized violently with erysipelas of the head, beginning in the nose and accompanied with a raging fever. I was ignorant of the denomination of the disease, until a regular Allopath was called in, who pronounced it to be erysipelas, but not a dangerous case. He went through the usual cauterizing processes, and left the patient. The next day he came again, and found him worse, and very delirious. This time he said he did not like the case at all, and pronounced it extremely doubtful, ordering an application of ice to his head, which, with an injection, was the only application in which I had any faith. The patient was by this time altogether insensible to any thing that was going on around him. The doctor wished to dose him with calomel, which I opposed, and he desisted. At one time, when the doctor's prescriptions were exhausted, and my brother became frantic, at short intervals throwing himself about in the bed, and catching with a death grip any thing within his reach, gritting his teeth, and smiling with a ghastly and hideous smile, whilst four men held him in bed; then it was that we renewed with determination the application of ice to his head, to drive away the fever from his head and brain. This appeared to have the desired effect, and he became calm and tranquil. I then insisted upon a wet sheet pack immediately. The necessary preparations were accordingly made, and a sheet wrung out of lukewarm water was spread out and he packed up, with a bladder of ice to each side of his head and one under it. Here I left him an hour and twenty minutes, during which time he was composed and quiet. As soon as he was removed from this, he was bathed in lukewarm water and rubbed a little; then he was placed in bed, when he came to his senses to a wonderful extent, and recognized every person and every thing in the room. You may readily suppose that this was a matter of great rejoicing to all around him. Throughout the whole of that night I watched over him, and kept the application of ice constantly to his head. In the morning the fever in his head appeared almost driven out, and he appeared to be disposed to sleep. It was then that I intended to have applied the wet sheet again, but the doctor arrived, and interdicted my operations in the Water-Cure, giving him mercury and chalk; and leaving directions to give him port wine as a stimulant. Thus Water-Cure operations being so much opposed, and the doctor saying that if I put him again in the wet sheet, I did it at my own risk, such opposition and my very partial knowledge of the system, together with a rather weak judgment, prevented me from insisting upon the further application of the wet sheet. Although in the morning of the seventh day after the vivifying application of the wet sheet the previous night, he appeared given to sleep, yet in the afternoon he began sinking, and continued so, until, twenty-five minutes after four o'clock next morning, he quietly breathed his last. How I longed for a skillful Water-Cure physician! and I hope the time will yet come when such shall be in every village and city, and in all parts of the country.

W. A. B.

**HOME EXPERIENCE IN WATER-CURE.**—MR. EDITOR: My attention was first attracted to the Water-Cure about the time the JOURNAL fell into the hands of the present publishers. I commenced the practice of medicine in 1847, and practised three years. Early in the year 1850, I commenced the life of an itinerant minister of the Methodist Protestant Church, and since that time have travelled extensively in Georgia.

I married in June, 1850, but had not quite given up

drugs, though I had quit practice. A slight attack of fever soon after settled the question in my mind, and disgusted with drugs, I became confirmed in Hydropathy. Since becoming acquainted with the Water-Cure I have read nearly everything published in this country on the subject, down to the Encyclopedia, which I consider invaluable. In August, 1851, Mrs. R. became the mother of a babe, and though we had to meet the sneers or fears of almost all in the community, we carried out the Water-Cure fully and with the happiest consequences.

Mrs. R., though of a delicate constitution, was able to be up and attend to her house affairs to the very time of her confinement—if it could be called such. This happy state of things, judging from appearances, could not have existed under the ordinary plan pursued. In her case, it must have been the result of daily towel-bathing, with the use of the wet girdle most of the time from the fourth month, accompanied with frequent sitz baths from the sixth. Plan: A towel bath on rising, wet girdle most of the time, sitz bath mid afternoon when first commenced, after awhile repeated at bedtime. Costiveness was a prominent difficulty; for this, cold water injections were the only remedy.

When labor commenced, the pains were moderate for ten hours. They then became more intense, and she took a tepid injection. In one hour afterwards her first born was in her arms—a healthy, strong child of medium size. She was immediately washed in cold water, and took three injections of the same with a female syringe; then having the wet girdle replaced, she rested four or five hours, when she took a sitz-bath in water which had the chill barely taken off, and was washed all over in the same, using the syringe as before. While in this bath I poured two pitchers of cold water on her abdomen. This course of treatment (excepting the pitchers of cold water) was kept up three times a day for some time, with the wet girdle all the time.

The first nourishment she took was just after the first sitz-bath, and consisted of crackers, soft peaches and cold water. She eat her dinner at the table in her room when the babe was twenty-four hours old, and her breakfast in the kitchen the next day. M. F. R.

**ANOTHER VICTIM OF TOBACCO SAVED.**—A school-teacher writing from Bell's Landing, Ala., concludes a business letter with the following postscript:—

Permit me to add my experience of a total regeneration from many evils of a long use of tobacco, effected by the timely instrumentality of your JOURNAL. I had used it, with but little intermission, for twenty years, when I received the August number of your JOURNAL, containing a dialogue between two teachers upon the use of tobacco. I too am a teacher, and the condition of the tobacco-chewer in the dialogue came so near being mine, that I resolved, *eo instanti*, to consider the advice given to the tobacco-chewer as given to me. I arose from its perusal, emptied my pockets of tobacco, and have not tasted the filthy weed since. In the emaciated, weak and nervous condition I was then in, it was something of an effort to keep in subjection the strong appetite for it which twenty years' use had inflicted upon me. For the benefit of tobacco users, should you see fit to make my experience known to them, I will say that I found the first and second days of my abstinence the hardest to endure—that afterwards the filthy appetite gradually yielded, till I reduced it completely under my control. I have already received a rich reward for all the inconvenience the abandonment of its use has cost me, in the improved tone of my digestive organs, and in the relief from very many evils which I can trace directly to the use of tobacco. But I have adopted the Water-Cure system, as far as my opportunities and information have permitted; and I am well convinced it is the right system to preserve health, if not in all cases to restore health.

J. A.



**CURE OF FOUNDER IN HORSES.**—Having had a little experience in curing the founder in horses, I take this opportunity to give you a fact, that you may give it to others through the columns of your excellent JOURNAL. It may be of great service to some, and save many a fine horse from premature death and much suffering.

The fact I shall give you, is of a horse worth three hundred dollars because of his fleetness. He came to my hand in August about eight o'clock, P. M., after being driven only twenty-nine miles with two persons, in a very easy and light buggy. The horse had for some time been fed all the grain he would eat. For two or three days he had not liked his grain, but the night before he came to my hand, had eaten to the full of all he liked, and when he came was so stiff he could not step over a six inch pole, and when he attempted to turn round would nearly fall. I put him into the water about knee deep, and kept a wet blanket on him all the time for four hours; then put him into the stable, and put another blanket over him and left him for the night. The next morning I found him sweating; took him out of the stable and rode him a mile; led him back, and put him into the brook again for an hour. During the day I exercised him about five miles, and about sunset let him stand an hour in the water, and again the next morning.

About nine o'clock he was started on his journey of forty-two miles, and performed it with ease before sunset; he laid over one day, and went home the next forty-five miles and was returned to his owner, and he being a farrier, sold him in a few days, perfectly unable to detect any difficulty or damage to his horse, being ignorant of what had happened. The horse was allowed all the food and water he wanted as usual. He was not bled in any part, neither was there any thing given him but his usual food. The second day he was as limber as ever, and has showed no injury from his founder since.

If you think this worthy your notice, and wish it, I will give you my opinion of the cause of founder and its cure.

A FARMER.

**WATER-CURE ON THE PACIFIC.**—Friends of the WATER-CURE JOURNAL:—After a very long silence, in which I have kept up a considerable thinking, however, and no little working, I can now advise you of my whereabouts.

In San Francisco I have established myself in a most desirable location, commanding one of the most picturesque, varied and extensive prospects offered by any city in the world.

I am actively engaged in the practice of Water-Cure, broadside on, without tolerating for a moment any compromise with foul drug or vegetable poisons. In my "*Home for the Sick*," (a home it shall always truly be for them,) I have all the conveniences I require, and am blessed in doing good to suffering, poor, frail humanity. Already the fruits of my efforts are surrounding me, praise to our glorious and noble system.

I have a great battle to do here against law, custom, bigotry and prejudice. You can scarcely conceive the amount and force which exists. Allopathists abound right and left, and the people are slaughtered in their tracks.

The State Marine Hospital Return for 1852, gives a result of *sixteen per cent. of deaths*! Think of that. The people do not cry for the Allopaths, as the children do for 'Sherman's Worm Lozenges,' but they die for them, (or by them.)

I shall lecture here, free, so as to scatter the seed of the good gospel of Water-Cure on the good and the sterile soil alike, that it may have a chance to take root. All the courage and boldness which I have ever felt is now concentrated, and the quantum doubled, and ready for quadrupling, if needful, against the battle before me. If it slay me, depend I shall die in the

breach which I shall make. BOOKS and JOURNALS will be wanted in the ratio of ten to one after the contest begins. Better ship a supply to your friends the booksellers, that they may be here to meet the demand.

Your amiable and intelligent friend, Mrs. E. J. Hall, M.D., assists me.

From yours truly,  
San Francisco, Cal.

G. M. BOURNE.

Glen Haven, N. Y., May 4, 1853.

TO MY COUNTRYWOMEN.—The May Journal has a criticism on one of my articles addressed to you, from a "Congregational Clergyman." The critic—as most critics are apt to do—makes a point which with me was incidental—a point of importance. So I do not feel the force of his criticism. But *this* I feel, and am thankful for, that in taking the task on him, of calling attention to what in my article to him savored of want of taste and propriety, he has opened to me the columns of the WATER-CURE JOURNAL to argue with you, to a reasonable extent, your obligations. I cannot reply to him formally, because early in life I made it a rule never to heed the criticisms of persons *without a name*, and always to give due regard to those who have one. I write this note to say, that the Messrs. Fowlers and Wells have copy of mine in hand for the June and July Journals, after which issues, God blessing me, I will give you my views, so that you will not be in the dark. Meanwhile, allow me to say, that so far as you help to create a sentiment adverse to the enlightenment of your sex, though that enlightenment comes through one of my sex, you aid in making yourselves *slaves*.

When ignorance is *bliss*, 'tis folly to be wise;  
but when ignorance is *misery*, wisdom is *not* folly.  
With great respect, JAMES C. JACKSON, M.D.

MESSRS. EDITORS:—I have for the last year had two constant visitors from New York City, the first of each month, and rest assured, they ever meet with a joyful welcome. They are twin-sisters, and ought never to be separated. Their initials are A. P. J. and W. C. J.

One day last week they made their accustomed visit, and after having "put my house in order," I sat down to have a social chat with them, and to hear from my friends in other parts of the world; for I can assure you they are conversant with nearly all the world. They not only told me of my friends, but gave me sketches of good and eminent people, and gave me instructions how to become good and useful myself.

In our short acquaintance, they (and the Hydropathic Encyclopedia) have taught me how to live and what to live for. They have taught me to dispense with very many things injurious to health and happiness, and by heeding their gentle reproofs and kindly instructions, my health has been improved, my happiness increased fourfold. Who would not joy to receive two such visitors? to be cheered by their presence and guided by their excellent counsel? I would that all were within the pale of their influence. May God speed them on their mission of love and mercy, and bless all connected with them.

Concord, N. H.

ABBIE.

CLANDESTINE CURES.—A great number of secret cases of Water-Cure might be reported. They are narrated in almost every neighborhood. A very worthy lady, after enrolling her name for your Hydropathic Encyclopedia, related the following:

When a child, herself and four brothers were severely attacked with scarlet fever. In their raging thirst they begged earnestly for water, yet the injunction of their physician not to give them any, was strictly complied with. But she managed to get to the pail and drank freely. The result was that she alone recovered. Her four brothers *all died in one day*!

St. Louis, Mo.

J. P. M.

## A CASE OF SCROFULA.

HENRY BALES, at the time of which I write, was a child of about three years of age. He was born of unhealthy parents, was apparently of frail organization, and was reared in an unhealthy manner. He was taken sick about the first of October, 1851, with what the doctor called scrofula, and affection of the liver; for which he prescribed blue pills, and a syrup of Port wine, dogwood and wild-cherry bark, and a salve to be applied externally, for the purpose of healing the sores. This prescription was followed according to directions, and for a time seemed to have the desired effect. But in a short time his sores again opened, and were again prescribed for as before.

About this time the physician was away on business, and the family again stood in need of a doctor, in a case of lung fever. They called on another allopathic physician. The mother asked this doctor his opinion of the scrofulous child, who was now almost helpless. He expressed the same opinion as the first, and said that he thought the disease hereditary. He therefore said that he did not think that he could effect a cure before warm weather, it being then mid-winter. He prescribed blue pills, and a syrup composed of tartar emetic and other ingredients with which I am unacquainted, for the purpose of giving the patient some ease until such time that the weather should be favorable. I was then living with the parents of the child, and had and was studying a few of the many works on water cure, for the purpose of being benefited thereby. The mother asked me what effect I thought the water-cure would have. I told her that I thought it would effect a cure. She therefore asked me if I would treat the patient. I told her I would do the best I could, under the circumstances. I commenced accordingly, with my slender means, which consisted in wet-sheet packing altogether. I commenced with tepid water, gradually cooling until it became cold. We commenced by packing him every evening until he was in a glow, when we unpacked him and washed him off with cool water. We continued this process for ten nights in succession, at the end of which time he appeared to be in tolerable health. He has enjoyed excellent health ever since, and he is now the most rugged of any of the family. We attribute the cure to the water alone. I should have treated him differently, had we had better and more convenient means.

Napoleon, Ohio.

E. O.

DR. BOURNE AND THE HOSPITAL COMMITTEE.—It appears that Dr. Bourne, Water-Cure Physician, now of San Francisco, California, lately sent to the honorable Legislature of his adopted State, a remonstrance against the passage of a Bill which had been introduced into the Assembly, to disqualify all persons from practicing medicine and surgery, who are not possessed of a medical diploma, granted by a regularly constituted medical board. Dr. Bourne's remonstrance was referred to the Hospital Committee, consisting, as the *Alta Californian* remarks, of "a dozen doctors of the old 'foggy school.'" The report of this committee we find in the paper just referred to, together with the doctor's reply. The report is a "rich" document—decidedly so, and should be preserved as a curiosity. It is well answered by Dr. Bourne. We judge from the remarks of the *Alta Californian*, that the Water-Cure is exciting a good deal of interest and some warm discussion on our Pacific coast. We are very glad to hear it. Discussion will help the cause. Hydropathists need not fear the results.

The *Alta Californian* merits the thanks of the Water-Cure community, for its candid and friendly course in regard to the case of Dr. Bourne and the cause in general. We clip from it the following notice:

*Lecture of Dr. Bourne.*—Dr. Bourne delivered a lecture on the water-cure practice last night at Armory Hall, to a large audience, about four hundred being present. The Dr. handled his subject in a very able manner, and gave a highly interesting and entertaining lecture. He described then nature of the water-cure operation, its action on the system, the beneficial re-

sults produced where it has been practised, and the unnatural effect of allopathic treatment. He quoted large number of cases of both treatments, and contrasted the results. Among them he mentioned the case of Dr. Houston, formerly of the *New York Herald*, and condemned the treatment which was published in the *Boston Medical Journal*, *in toto*. The Dr. interspersed his discourse in a very pleasant manner with anecdotes and witty remarks. He was listened to with the greatest attention, and warmly applauded at the close of his lecture."

The people everywhere are ripe for the great reform. They need only to become acquainted with Hydro-pathy to adopt it. "Old fogey" doctors and hospital committees fight against it in vain.

CASES BRIEFLY REPORTED.—I have read the WATER-CURE JOURNAL about one year, and several other works on the subject, which have convinced me of the superiority of the Water-Cure system, and induced me to lay aside drugs and medicines altogether, and pay more attention to the wants of nature.

I will give you two or three cases that occurred in my own family:

*Case First.*—Intermittent fever. Patient, my little boy, four years of age. Treatment—three days fasting, two wet sheet packs, two or three cold douches, and all right again.

*Case Second.*—My wife presented me with a very fine daughter. Treatment—Two cool sitz-baths daily, a constant application of the wet bandage, plenty of fresh air, with a vegetable diet. As well as ever in one week, notwithstanding her faithful nurse declared it impossible for her to recover under such awful treatment.

*Case Third.*—Measles. Patient, our infant daughter, four months old. Treatment—Two tepid ablutions daily; perfectly well in six days without any trouble whatever, and all without the aid of doctors, drugs or dye-stuffs. Oh! that people would learn to obey the laws of life, live healthy and be more happy.  
Malden, Mass. R. C. S.

NERVOUS SPASM CURED BY WATER.—More than two years ago I had been long afflicted with what are termed "Nervous Spasms," in which I entirely lost the control of my actions, and would either *stamp, yell, or run*, as fancy directed. I frequently caused disturbance in meetings, and was in short a source of the greatest confusion every where. I, of course, applied to the "M. D's.," several of whom drugged me, but in vain. My nervousness increased. At last I applied to a certain Dr. F——, (thanks be to his name,) who directed an immediate application of Water in the form of a *shower bath*. I acted in accordance with his directions, and from the time of the first hydro-pathic application to the present, *over one year and a half, not a single symptom of my complaint has ever shown itself.*

Judging from the necessary relation of cause to effect, I must refer to Water as the cause of my restoration to health. I give this account for the benefit of all others similarly afflicted, and have only to say to them, as my best advice, "*go thou and do likewise.*"  
W. H. E.

MATERNITY, BY O. S. FOWLER.—I beg leave here to say to all prospective fathers and mothers, if you have not already in your possession O. S. Fowler's work on *Maternity, Female Education and Beauty*, let that be the first thing you purchase. Its price is only fifty cents, and if it cost as many dollars the money would be well invested in its purchase. It is the book which every young married couple should have. It is full and running over with important truths, which thousands have never dreamt of, and through ignorance of which sufferings untold have been and are still being endured.  
G. S. W., M.D.

## TO WATER.

BY R. H. R. WATERBURY.

WATER, thou source of earthly blessing,  
For man, the ill of life suppressing—  
To him thou dost thy virtues proffer,  
And wealth more true than gold of Ophir.

When from the spring thou gusheth out,  
Who thy purity would dare to doubt?  
To man no mocker hast thou been,  
Nor urged him on to shame and sin.

Like the Saviour's garment, virtues rare  
Thou deign'st to erring man to bear,  
And to his wounded body bring  
The healing sweets of the crystal spring.

Then come, dear friend, let us unite,  
And from the world we'll banish quite  
Those poisonous draughts and filthy pills  
Which help to make up this world's ill.

## WATER-CURE ENIGMA.

I am composed of 43 letters.  
My 24, 2, 1, 27, 9, 8, 35, 4, 5, 10, 1, 9, 25, 25, 35, are publishers in N. Y. city.  
My 21, 17, 12, 13, 36, 24, is a kind of bath.  
My 23, 2, 38, 38, 35, is a person who writes for the WATER-CURE JOURNAL.  
My 6, 2, 34, 19, 13, 7, is a Water-Cure Poet.  
My 33, 34, 35, 25, 23, 24, 2, 1, 25, 7, 34, is a female doctor.  
My 11, 2, 7, 25, 35, 36, 7, 1, 33, 43, is a Water-Cure Physician.  
My 3, 34, 35, 4, 3, 7, 25, 16, 4, 31, 25, 2, 2, 3, 7, 34, is an advocate of the dress reform.  
My 11, 2, 37, 34, 5, 4, 25, is a very common name for publications.  
My 30, 29, 35, 15, 14, 18, 15, 39, 22, is a champion of woman's rights.  
My 30, 15, 36, 30, 40, is much used as a medicine.  
My 25, 41, 15, 14, 6, 4, 15, 26, 8, 27, is much valued.  
My 20, 4, 42, signifies the negative.  
My whole is the name of a valuable book.  
Columbus, Pa. RHODA SOPHIA YORK.

## Talk and Cupids.

We feel that our readers, however distant, are not strangers, but friends, with whom we may sit down and have a quiet, familiar talk.—EDITOR.

CLOSE OF THE VOLU.—Here, kind friends and fellow-laborers, you have the last number of our Fifteenth Volume. We have labored with an earnest desire to make the JOURNAL useful and interesting, and to promote the progress of the great cause in which we are engaged. You shall judge how well we have succeeded. The results have been in the highest degree cheering. Our circulation is steadily and rapidly increasing, our thousands of zealous co-workers in all parts of the world are untiring in their efforts, and we have the satisfaction of believing, of knowing, in fact, that immense good is being done through the instrumentality of our paper. We have written, printed and circulated far and wide, a multitude of facts and thoughts of the deepest interest and the highest importance, which we know have commended themselves to the good sense of all honest and candid men and women in whose way they have fallen. The influence of these facts and thoughts does not exhaust itself in a day or in a year. It perpetuates itself forever, and will be felt when the writer

and the reader shall have passed from this stage of action, and even the WATER-CURE JOURNAL shall have ceased to exist. The ultimate results cannot be calculated.

Few persons fully realize the importance of the work in which we are engaged. To teach men to "throw physic to the dogs," and to cure themselves with the medicines which God has so abundantly furnished—water, air, diet, exercise, is much; but the end and aim of the great Hygienic Reform is far higher than this. It is so to educate, develop and harmonize man individually and collectively, spiritually as well as physically, that there shall be no diseases to cure, and the occupation of even Water-Cure doctors be gone.

Kind reader, do you realize how much good may be done by the circulation of a single copy, even, of our JOURNAL in your neighborhood? How much sickness may be avoided through its teachings, how many lives saved! In almost every town, village and settlement in this country—in any country where the English language is understood—not one only, but many subscribers may be obtained. A little earnest exertion is all that is needed. It will "pay" in the satisfaction of having added to the sum total of human happiness, if in no other way. But our friends do not need urging. They are already in the field. Help us to sow the good seed. HUMANITY SHALL REAP THE HARVEST.

"I CAN'T."—Apollo! what a face! doleful as a hearse; folded hands; hollow chest; whining voice: the very picture of cowardly irresolution. Spring to your feet, hold up your head, set your teeth together, draw that fine form of yours up to the height that God made it; draw a long breath, and look about you. What do you see? Why, all creation taking care of number one—pushing ahead like the car of Juggernaut, over live victims. There it goes; and you can't stop it. Are you going to lay down and be crushed?

By all that's manly, no!—dash ahead! You're as good a right to mount the triumphal car as your neighbor. Snap your finger at croakers; if you can't get round a stump, leap over it, high and dry. Have nerves of steel, a will of iron; never mind sideaches, or heartaches; work away without stopping to repine, or to notice envy or malice. Set your target in the clouds and aim at it. If your arrow falls short of the mark, what of that? Pick it up and fire again. If you should never reach it, you'll shoot higher than if you only aim at a bush. Don't whine, if your friends fall off. At the first stroke of good luck, by Mammon! they'll swarm around you like a hive of bees.

"I can't." Oh, pshaw! I throw my gloves in your face, if I am a woman! you are a disgrace to corduroys. What! a man lack courage? A man want independence? A man to be discouraged at obstacles? A man afraid to face anything save his Maker! Why! I've the most unmitigated contempt for you! you pusillanimous little pussy cat! There's nothing manly about you, except your whiskers.

FANNY FERN.

[There. We think Fanny needs to be looked after. If she goes on at this rate, she'll set the men all crazy. Can't we manage to get her into the "wet sheets?" Guess that would.—]

GRAPES.—Our Shaker friends, of NEW LEBANON, N. Y., have kindly sent us a couple of fine grape vines, of the *Royal Muscadine variety*, said to mature its fruit a month earlier than the Isabella or Catawba, a desideratum in latitudes north of forty-two degrees. This grape, we are informed, will ripen in any of the northern counties in the Northern States, is very productive, highly flavored, and quite equal to the Isabella. We shall, in a year or two, be able to speak from our own knowledge of its merits, when compared with several other varieties which we now have growing. We would advise every young man and every young woman to plant a grape vine. If well planted, and properly cared for, it will live a hundred years, and produce, annually, a crop of fruit which, for healthfulness, or as a luxury, is altogether superior to any other. The society of Shakers, at New Lebanon Springs, will accept our thanks for the beautiful vines, which reached us by express in perfect order.

**GOOD TASTE.**—We heartily commend the following paragraph, from the *London Quarterly*, to all our fair readers, whether Bloomers or adherents of the old regime:

"You see that lady turning a cold eye to the assurances of shopwomen and the recommendation of milliners. She wears very beautiful things, which people generally suppose to be brought from Paris, or at least made by a French milliner, but which as often are brought from the nearest town and made up by her own hand. Not that her costume is rich or new—on the contrary, she wears many a cheap dress, but it is always good. She deals in no gaudy confusion of colors, nor does she affect a studied sobriety; but she either enlivens you with a spirited contrast, or composes you with judicious harmony. Not a scrap or tinsel of trumpery appears upon her. She puts no faith in velvet bands, or gilt buttons, or twisted cords. She is quite aware, however, that the garnish is as important as the dress; all her inner borders and headings are delicate and fresh, and should anything peep out which is not intended to be seen, it is quite as much so as that which is. After all, there is no great art either in her fashions or her material. The secret consists simply in knowing the three units of her dress—*her own station, her own age and her own points*—and no woman dresses well who does not. After this, we need not say that whoever is attracted by the costume will not be disappointed by the wearer. She may not be handsome or accomplished, but we will answer for her being even tempered, well informed, thoroughly sensible—a complete Lady."

**FINE FRESH FIGS** are palatable and healthful. We therefore cheerfully copy the following advertisement from the *Hartford Courant*:

**PHINE PHRESH FIGS.**—We have phortunately phetched in a phew phine phresh phigs, which we warrant phirst rate, and phancy will sell phreely, phairly and phinely, to old and young pholks, philibusters, phreesoilers, phrenologists, or the phree men, phriends or phoes, that are phroud ov phrequently pheaching on such phodder and phinding no phault. They are phirst rate phruit and would phill the eye of a Phrenchman or any other phoreigner. They can pe phound phor sale phor a phew days at Phuller's, 19 Asylum street—phirst phloor, a phew phheet. phrom phriend Phay's phine phancy round sign. Don't phale to phetch a phriend, if you have phetching phor a phine phellow, and don't phorget to phetch the phunds, and then there is no phear but that you will pheach phinely and PHARE WELL.

**DEATH OF A SHANGHAI ROOSTER.**—The *Palmer Journal* had the following pathetic notice of his qualities and lamentation for the loss:

"His voice, when heard amidst the crowing of other roosters, was like the trombone in an orchestra of violins, or the bass of rumbling thunder amid the hum of a dozen spinning-wheels:

"Farewell, faithful servant, a lasting farewell!

From thy fate let all roosters take warning—

No more will thy voice, in a long and loud swell,

Awake us to get up and go to work, about half-past five o'clock in the morning before breakfast.

**CHLOROFORM—A WARNING.**—A young man, at Aberdeen, Scotland, has lately died of chloroform. He was employed at a wholesale druggist's, and had acquired a habit of intoxication by smelling some of the fluid placed on his handkerchief. He had been warned that he was destroying his nervous system by the indulgence, but in vain. At last he inhaled the vapor so largely, that he dropped quite senseless on a counter; and when raised some time after, he was dead!

Mrs. E. P. F. B. of Floral Hill, Mich., takes exceptions to some remarks of Dr. Jackson, in our March number, in regard to Bloomer pants gathered or confined about the ankle, which style he thinks "significantly proclamatory, that the wearer intends to pass for a modest woman"—in other words, that it indicates "mock modesty." Mrs. B. repels this idea, and says:

"Of one thing I am certain: we who have worn the offensive article are under obligation to the doctor for his divination of our motives for doing so, for I doubt very much if his interpretation of them ever entered the thoughts of any one of us; but then, you know, it is a good thing to have noble intellects to do our thinking for us, and to set us right, for in our ignorance we are apt to go astray from the paths of propriety."

**FROM NEW YORK TO BOSTON.**—Our friends and readers having occasion to pass between New York and Boston, will find the Newport and Fall River route a very agreeable one. We consider it the pleasantest and best between the two cities. The steamers of this line, the *Empire State* and the *Bay State*, are fine vessels, and their commanders skilful, efficient and gentlemanly officers. They leave Pier No. 3, North River, on alternate days, (Sundays excepted) at 5 o'clock P.M. The steamboat train connected with this line leaves the Station of the Fall River Railway, in Boston, every day at 5½ P. M. Tisdale and Borden, 70 and 71 West street, New York, are Agents of the Company.

A **TRADESMAN** in a neighboring city has the following printed upon his shop bills:—

"My books are so crammed, and bad debts I've so many,  
I'm resolved that in future I'll not trust a penny;  
Giving credit to friends often friendship endangers,  
And I hope ne'er again to be cheated by strangers."

[We have no occasion to poetize in that way; all our friends "pay down," for what they buy. Those who don't pay what they owe, are not our friends, and strangers never "take us in," when we can prevent it.]

**WYOMING WATER-CURE INSTITUTE.**—We have received the report of this establishment, in a handsome pamphlet of 48 pages, containing a Synoptical Table of 377 cases treated at the Greenwood Springs and Wyoming Water-Cures, by P. H. Hayes, M.D., some excellent general remarks on the Water Treatment, and a detailed statement of a large number of interesting cases. Dr. Hayes seems to have been highly successful in his treatment, and to have effected some remarkable cures. The general results indicated by the facts here given, must astonish the "old fogies" of the regular Allopathic school. Dr. Hayes has won for himself and his "cure" an enviable reputation. See his circular, in our advertising columns.

**MOMENTUM OF WATER AND MORALS.**—A very slight declivity suffices to give the running motion to water. Three inches per mile, in a smooth, straight channel, gives a velocity of about three miles per hour. Now, what is true of water is equally true of morals. The best of men only need a slight push from adversity to obtain a down-hill momentum. Be careful, therefore, how you lose your equilibrium.

**MORTALITY AMONG HOGS.**—The disease which is so fatal to hogs in some parts of Ohio and Kentucky is supposed to be cholera. Root & Snyder, distillers, at Carrollton, Ky., lost six hundred in ten days.—*N. Y. Herald*.

[And this is such food as our fellow humans buy, salt, cook, and eat, and then wonder what ails them!]

W. W. E., Paint Creek, Kanawha Co., Va., gives an interesting case of the effects of the Water-Cure in "disease of the lungs, of ten years' standing." We hope to hear of the entire recovery of the patient. We cannot find room now for the report of the case.

## Our Exchanges.

In looking over our numerous and valued EXCHANGES, we frequently make MARKS, and sometimes REMARKS. Here we give, as far as our limited space will permit, the results.—EDITORS.

"AN OPINION AS IS AN OPINION."—A contemporary quotes some important truths from "*Moore's Medical Sketches*," of which only one copy of the American edition, published in 1794, is to be found in this city, and that one belongs to Dr. Vache. Our contemporary thinks if our many thousand students and practitioners could read the work, they would receive more benefit from it than from perusing whole medical libraries, such as they are now required to examine before they get their diplomas. The following extracts are given:

"The difference between a good physician and a bad one is certainly very great; but the difference between a good physician and none at all is very little.

"If during the course of a prevalent epidemic two hundred patients were taken promiscuously, and one-

half delivered to the care of the doctors to be treated according to the established practice of the profession in such cases, and the other half delivered to the care of nurses, who were instructed to give them no physis, but only cooling drinks, and such light and simple food as the patients' appetites might lead them to wish for, I am convinced that the world would be a good deal surprised at the result of the experiment."

Of course, there is nothing strange (in the present condition of the faculty) that of a work, containing such plain truths, only one copy should exist in a city like ours, overrun as it is with doctors. If it had been only stuffed with the usual amount of medical nonsense and lies, a copy would be sure to be found in every medical library and on the table of almost every physician. No man has had more experience in epidemics than Dr. Vache, who has been prominent in treating them for nearly a third of a century, and who has also had much experience in our Alms-House, as its Resident Physician. Yet, in authorizing this notice of Dr. Moore, he practically testifies to the positive worthlessness of all our extensive sanitary regulations in cases of the appearance of epidemics. Think, what enormous sums have been spent upon doctors and their sanitary arrangements in invasions of yellow-fever, ship-fever, small-pox, cholera, &c. Think, how much our quarantine establishments cost us. Yet, here we have the virtual admission of one unusually well qualified to judge, that the comparative result of good nursing, without any physis or professional parade whatever, would surprise the world! At the same time, while this important admission is laid before the public, we have doctors and their agents in Albany, actively engaged in lobbying with the members of the Legislature with the view of perpetuating, by largesses of public money, the abuses which have so long corrupted the profession, and victimized society. We believe in Dr. Moore.—*Sunday Courier*.

**LAKE ONTARIO STEAMERS.**—Mr. E. P. Cook, of Oswego, N. Y., writes to the *Cayuga Chief* as follows:

These Steamboats are subject matters of interest, not only to the company owning them, and the "travelling public," but to every true friend of temperance. True, they have their "boss" and their liquors, but they are strictly forbidden to sell any liquor to any person who belongs aboard the boat. This is one way of accounting for no disasters to the steamboats on Lake Ontario. It is true, these boats are all officered by gentlemen—tried, skilful seamen—men who practise temperance, and some, at least, advocate it. And the same governing principle, that restricts intoxicating liquors to the "travelling public," and withholds it from the officers and hands on these boats, has led the stockholders to seek out and place such men in charge of said boats.

For the last five years, I have had so familiar an acquaintance with the captains and officers, and the manner in which the boats are run and managed, that I feel just as safe on one of them, as I do in my own parlor. Indeed I count it among my most pleasant pastimes, to take a trip up or down the Lake on board of them. And I am confident there is no safer mode of travelling, by water or by land, than is afforded on board these boats. So much for the boats.

Now one thing about them, and for the "travelling public." That peculiarly needy, abundantly provided for, (by land and by water,) the "travelling public"—that sickly, fatigued, exposed class, who must have hogsheads of medicine and cordials, and restoratives, etc., kept for them at every corner, and on board almost every boat and packet, etc. Well, sir, the "travelling public" have so far recovered their health, or have adopted the "hydropathic" treatment, that when the Steamboat Company settled with the man who rented those bars last year, they had not cleared enough to pay their rents into \$100, in some instances; though they had their board furnished them without any additional cost, over and above the rent of the bar.

These are significant facts. When will all steamboat companies learn that this course is the true one for their own interests, as well as for the interests of the travelling public? When will the public demand and enforce such regulations? Are the wholesale slaughters with which our papers are filled, and which are so often directly traceable to rum, matters of no moment? Is life a thing of no value, and suffering a matter of indifference?

A **FAST WIFE AND SLOW HUSBAND**, or, Mr. Smith's character, by his wife.—"What a quiet man your husband is, Mrs. Smith." "Quiet! a snail is an 'express train' to him. If the top of the house should blow off, he'd just sit still and

spread his umbrella! He's a pussy cat. Comes to the front door as though the entry was paved with eggs, sits down on his chair as though there was a nest of kittens under the cushion. He'll be the death of me yet. I read him all the horrid accidents, dreadful collisions, murders and explosions, and he takes it just as if I was saying the ten commandments. He's never astonished, or startled, or delighted. If a cannon ball should come through the window, he wouldn't move an eyelash. If I should make the voyage of the world and return some fine day he'd take off his spectacles, put them in the case, fold up the newspaper and settle his dicky before he would be ready to say 'Good morning, Mrs. Smith.' If he'd been born of a poppy, he could not be more soporific. I wonder if all the Smiths are like him? Do you suppose if I were a man, I'd let a woman support me? Where do you think Abel's coats and cravats, canes and cigars come from? Out of my brain? Quiet! It's quite refreshing to me to hear of a comet, or see a locomotive, or to look at a streak of lightning. I tell you he's the expressed essence of chloroform."—*Oswego People's Journal*.

**AN EVENTFUL LIFETIME.**—There is now living in the vicinity of Cincinnati, says the *Commercial* of that city, a venerable citizen, now in his eighty-sixth year, who can remember the signing of the Declaration of Independence, and who has voted for President at every election since the organization of our government. The *Commercial* adds:

"He descended the Ohio river, and passed the point where Cincinnati now stands, before a single tree had been felled upon the spot, and before even a thought of our present power had entered into the dreamy phantasies of prophetic speculation. Think of it! One among us—one among the two hundred thousand in the busy uproar of business—one who stood upon the ground where we now live, before Cincinnati was born! We can scarcely realize it; but yet it is so. The onward march of impetuous civilization has worked wonders in this great country of ours. This old man can yet see to read without glasses, and is possessed of the vigor of middle life."

**SALE OF ARSENIC.**—I cannot copy the suggestions made on the article below without earnestly pressing their consideration and adoption upon chemists and apothecaries, as of the highest practical importance.

"We might multiply almost endlessly the possible and almost probable instances in which the lives of the innocent may be destroyed for want of a very easy precaution in regulating the sale of arsenic. The adding of a powerfully nauseous taste to the deceptive sweetness and slight acid which are said to be its present characteristics, or the introduction of a coloring property, would not injure its efficacy for any proper use, and would thoroughly deprive it of its power in the hands of the secret assassin. We hope to see our advice taken without delay, for of all the horrors with which our criminal annals have been recently stained, none is so revolting or so frequent as the crime of murder in the domestic circle by means of arsenic."—*London Times*.

**VALUABLE REMEDIES.**—Says the *Buffalo Christian Advocate*, "Here are some remedies for very prevalent disorders, that we have no hesitation in recommending as infallible. Try them:

For drunkenness, drink cold water.  
For health, rise early, eat moderately, and work.  
For accidents, keep out of danger.  
To keep out of jail, pay your debts.  
To be honest, pay your debts.  
To be happy, be honest and industrious.  
To please all, mind your own business."

**THE FREE DEMOCRAT**, published at Chardon Ohio, has a good article on "Life and its Duties," by Job Fish, from which we clip the following paragraph.

"To be a statesman, one must possess profound judgment and the acutest perception; to be a physician, common sense and uncommon honesty and kindness; to be a teacher, one should have good judgment, a forbearing and forgiving spirit, a large endowment of self-control, and the faculty of 'delivering a plain message bluntly'; to be a mechanic, of what kind soever, mechanical ingenuity; to be a surgeon or a soldier, firmness of will, resoluteness of spirit, and intrepidity of soul; to be a farmer, sterling sense and hardy hands."

**PIOUS AND PRETTY.**—The *Easton Pa., Argus* says: "The prevailing fashion for ladies' bonnets, this summer, is to be Leghorn—such as our grandmothers wore, only finer and a million times more becoming in shape. They are to

be large, so as to cover the face more than formerly, and are to be adorned with feathers. They impart a truly pious air to the countenances beneath them, and are very pretty."

[Why not add the Bloomer dress? Would not that also impart a "pious air?" Suppose they try it. If it fails, the skirts may be easily lengthened to the right measure, for devotional exercises, for funeral purposes, or, for the usual mourning equipage.]

**INTERESTING TO PORK EATERS.**—For the benefit of those who are wont to make themselves living sepulchres for the interment of dead hogs, we copy the following item:

The *Louisville Courier* says, that in East Louisville, five extensive pork houses have five or six acres of barbed wire, piled up three tiers high, in open lots. There are not less than six acres, which would make eighteen acres of barrels, if laid side by side, exclusive of land in barrels, and pork bulked down in the five pork-houses, sheds, &c.

**PEARS.**—Look at this, ye dwellers in the country, and owners of the soil—soil richer in true wealth than the gold mines of California! Who would not be a fruit grower? An exchange says:

In Philadelphia, a choice Duchess d'Angouleme Pear has been sold for \$1—while other specimens of the fruit sold for 75 cts. each. In Dec. last, a Mr. Newton, of that place, sold Vicar of Wakefield Pears at 70 cents a dozen, to eager purchasers. Choice Winter Pears, for eating, will bring almost any price in our large cities.

## To Correspondents.

GIVE US YOUR FACTS, IN BRIEF. Spin no "long yarns." Where so many desire a hearing, we can give but little space to each. Give us only the gist. Let others philosophise.—EDITORS.

## Professional Matters.

QUESTIONS which come under this head should be written on a separate slip of paper, and will be answered by Dr. TRALL.

**CONSUMPTION, &c.**—O. K., St. Charles, Ill. The young man whose case you describe is evidently fast going into consumption, induced, no doubt, by the causes of nervous exhaustion to which you allude. He must be rigidly chaste, very plain and abstemious in diet, bathe moderately, exercise in the open air, according to his strength, and abandon his allopathic drugification, or the "narrow house" will soon be his earthly possession.

**NURSING SORE MOUTH.**—M. S. D., Decatur, Ill. There is a disease very common in this country, which I have not seen noticed in the *Hydropathic Encyclopedia*, or other Water-Cure books. It is generally known as "Nursing Sore Mouth." Nursing sore mouth appears in various forms. The usual character of the disease is treated in the *Encyclopedia*, under the heads of "Aptha and Thrush." In very young infants the only treatment necessary is a tepid wash daily, an occasional teaspoonful of cold water put into the child's mouth, and a strict diet, and daily ablation on the part of the mother. The latter must especially avoid the use of saleratus, hard water, green tea, and all pungent seasonings.

**HYDROCELE.**—S. M. H., Grand Detour, Ill. The swelling you describe is probably that kind of dropsy requiring a surgical operation. The patient should go through a thorough course of water treatment for about a month, and then submit the case to a competent surgeon.

**ENLARGED GLANDS.**—J. B. C., Macon. The sponge bath or towel bath, morning and evening, is better for you than the shower. A rubbing wet sheet in the morning, and hip-baths toward noon and in the evening, would be better still. The wet girdle should be worn about the abdomen instead of the "pitch plasters."

**COOKING BY STEAM.**—D. B. H., Collinsville, Conn. "I wish to get your views on a new process of cooking bread, by steaming instead of baking, a process coming into use among us, and, I presume, elsewhere." We think well of it. We have just had a set of steam kettles for cooking purposes attached to the boiler of our kitchen, and shall give this *Baking by Steam* a thorough experimentation. All of the readers of this Journal shall have full information on the whole subject soon.

**HUMOR.**—S. G., Freedom. "Please tell me the proper treatment for a humor, which comes out in pimples on the face and shoulders; connected also with a disease of the lungs, indicated by the raising of hard pieces of matter which sinks in water almost like lead, and attended with wasting of the flesh?" The expectoration denotes a tuberculated state of the lungs, and the case requires the most thorough and careful management. The tepid half-bath daily; sitz once or twice a day a 70 degrees for ten minutes; chest-wrapper, a part of each day, with a very plain and abstemious vegetable diet, afford the only chance of escape from consumption.

**MUSCULAR DEBILITY.**—T. H., Spencer, N. Y. "A child about eighteen months old has never walked, and could never yet be induced to bear her weight on the feet. When eight months old she was heavier than now; skin colorless, bowels costive, teeth and hair quite well developed, limbs and features regular, except color, hands and feet a little smaller than usual; present weight seventeen pounds. The mother is emaciated and liable to constipation of bowels; child just weaned." The mother must take a daily sponge-bath, and a daily hip-bath, and live wholly on plain vegetable food and fruits. The child wants a daily wash in water about 70 degrees, followed by a good rubbing of the skin with a soft flannel or the bare hand.

**BURNS.**—E. A. H., Watertown, N. Y., wants to know how a burn should be treated? If the injury is not extensive nor deep, covering the part with common flour, will soon stop the pain, and be all the medication required. In severer cases apply water, cold at first, and gradually raise the temperature as feels most soothing, until the violence of the inflammation partially subsides, then keep it covered with flour until it heals.

**VEGETARIANISM.**—S. R. R., Hobartdale. "Is there a paper now published, called the 'Vegetarian Advocate,' in Philadelphia or elsewhere?" The 'American Vegetarian,' a monthly periodical, is devoted wholly to the advocacy of vegetarianism. Price one dollar a year. Address Rev. Wm. Metcalfe, Kensington, Philadelphia.

**ENLARGED GLANDS.**—F. G. T., Rochester, N. Y. These may generally be cured if the tumors are not very hard or indurated. When the glands of the neck are affected, the wet bandage should be worn during the night, and the general health attended to by using the wet-sheet pack, or tepid half-bath daily, and a plain vegetable diet.

**DROPSY.**—Mr. —, Robinson, Ill. The case of dropsy you mention is too severe to be undertaken at home, without an experienced attendant or physician. Still there is hope in her case, if she can go for a while to a good establishment.

**BATH ATTENDANT.**—Some one asks us to send him a letter of information as to the particulars of a bath attendant's business and wages, directed to Box 66, Belfast Post Office, Me., but forgets to sign his name. We cannot, therefore, write him a letter, but he is hereby informed that good able-bodied bath-men are paid \$10 to \$15 a month, according to capacity and experience. Their duties are to work rapidly, accurately, and to the extent of their muscular power.

**DWARFISHNESS, &c., FROM SELF-POLLUTION.**—S. R. S., Franklin, Ind. You can get all the information you desire on the subject of your inquiries, from a small book published at this office, entitled, "Home Treatment for Sexual Abuses."

**BILE IN THE STOMACH.**—D. McC., Fort Madison, Iowa. "Will Dr. Trall please to enlighten our sons of Esculapius by explaining his process of removing the bile from the stomach in fevers? The Allopaths pride themselves on their proficiency in this particular, and charge that the Water-Cure cannot remove it as soon as their drugs can." Yes, sir, you shall know all about it. The process is to do nothing. As Noggs hath it, "Let it alone—severely." In less figurative phrase, fast twenty-four hours and drink as much water as is pleasant to take, and, presto—the bile isn't there. The way that drugs remove bile is by first creating it. In other words, bile, serum, and mucus, are poured out by the organic instincts, to defend the system against the drug poison, and lo, exclaims the ignorant doctor, how I throw off the bile!



**Business Matters.**

TO PREVENT MISARRIAGES, DELAYS OR OMISSIONS, all letters and other communications relating to this Journal should, in all cases, be post paid, and directed to the publishers as follows:

**FOWLERS AND WELLS,**

No. 131 Nassau street, New York.

**ANSWERING QUESTIONS.**—Many subscribers write the Publishers of this Journal, inquiring for particulars relating to the various Water-Cure establishments; the terms of this one and that one—the route by which it may be reached; and so forth, all of which may usually be learned by a reference to our advertising department, and thus save them and the publishers the trouble of writing special letters and paying postage. But when a correspondent will write, requesting an answer, he should inclose a prepaid envelope, directed to himself, in which his answer may be sent. This will always secure prompt attention.

G. D. McC., Claiborne, Miss. We recommend to you the *Hydropathic Encyclopedia*, by Dr. Trall, as containing more which would be useful to you than any other single work. Price, pre-paid by mail, \$3 00. See also a list of our books in the March number. Address Fowlers and Wells, Clinton Hall, 131 Nassau street, New York.

**OUR CIRCULAR PROSPECTUS.**—With the present number we send a convenient prospectus, which may be circulated in the neighborhood, filled up with the names of subscribers, new and old, and returned to the Publishers. This will save some trouble, and secure correctness on the part of the agent or co-worker, and promptness and dispatch on the part of the Publishers.

Let these little messengers serve to renew an acquaintance so agreeable to us, and, we hope, profitable to the patrons of this JOURNAL. Every familiar name coming back to us, is an assurance of reciprocal gratitude.

These semi-annual periods, when new volumes commence, afford an excellent opportunity for the friends of this great HEALTH REFORM, to present these money-saving and life-preserving principles to those who are yet unacquainted with their advantages.

THE JULY NUMBER OF THE WATER-CURE JOURNAL will be sent to those whose subscriptions expire with the June Number. But as our terms are payable in ADVANCE, we shall send no more, until directed to do so by those who may wish their subscriptions renewed.

EXTRA NUMBERS OF THE JOURNAL for specimens will cheerfully be furnished (of such as we have to spare) with which to obtain new subscribers. The reading of a single number will usually be sufficient to incline every intelligent MAN or WOMAN to subscribe, especially if they would economize in either life, health, or money.

We will furnish Journals, our friends will furnish subscribers, and if our opinions and principles take root, the world will be the better.

IT WILL BE OUR AIM to adapt the Journal to the wants of "THE PEOPLE" EVERYWHERE. It is not, as some have supposed, designed for medical men only, but for ALL MEN and ALL WOMEN.

**SPECIFY.**—When ordering Journals, please specify WHICH is wanted, and be careful to give the POST OFFICE, COUNTY, and STATE; also the name of the writer.

WHEN books are wanted to go by mail or express, the order should be written on a slip of paper, separate from that containing the names of subscribers for the Journals.

OUR JOURNALS will be sent in clubs, to one or one hundred different post-offices, as may be desired. It will be all the same to the publishers. The more the better.

**NOTICES TO SUBSCRIBERS.**

A FEW MOMENT'S TIME is usually enough to convince every reasonable person of the great superiority of the Water-Cure system over all others; a complete knowledge of which may be obtained through the WATER-CURE JOURNAL.

It is believed that a greater blessing cannot possibly be bestowed on the human race, than the universal diffusion of

the LIFE AND HEALTH PRINCIPLES advocated and taught in this WATER-CURE JOURNAL AND HERALD OF REFORMS.

VOLUME XVI. OF THE WATER-CURE JOURNAL commences with the July Number. The terms are, for a single copy, \$1.00 a year in advance. Five copies, \$4.00. Ten copies, \$7.00; and twenty copies, \$10.00.

THIS JOURNAL will be sent in clubs to different post offices at the same rates when desired, as it frequently happens that old subscribers wish to make a present of a volume to their friends, who reside in other places.

DRAFTS on New York, Philadelphia, or Boston, always preferred. We pay cost of exchange. Large sums should be sent in drafts or checks, payable to the order of FOWLERS AND WELLS, properly endorsed.

ALL LETTERS addressed to the Publishers, to insure their receipt, should be plainly written, containing the name of the WRITER, the POST OFFICE, COUNTY, and STATE.

FRIENDS AND CO-WORKERS in the advancement of HYDRO-PATHY will see to it, that EVERY FAMILY is provided with a copy of the WATER-CURE JOURNAL. Now is the time.

MONEY on all specie-paying Banks may be remitted in payment for the WATER-CURE JOURNAL.

SPECIAL NOTICE.—All letters and communications relating to this Journal should be POST-PAID, and directed to FOWLERS AND WELLS, No. 131 Nassau Street, New York.

**Literary Notices.**

BOOKS WHICH QUICKEN THE INTELLIGENCE OF YOUTH, DELIGHT AGE, DECORATE PROSPERITY, SHELTER AND SOLACE US IN ADVERSITY, BRING ENJOYMENT AT HOME, REFRIND US OUT OF DOORS, PASS THE NIGHT WITH US, TRAVEL WITH US, GO INTO THE COUNTRY WITH US.—Cicero.

MY HOME IN TASMANIA; or, Nine Years in Australia. By Mrs. Charles Meredith. New York: Bunce & Brother. 1853.

Mrs. Meredith is a lively and agreeable writer, and has here made excellent use of the rich materials within her reach. Her book is one of the pleasantest of its kind, which is saying much for it, since the class to which it belongs is an attractive one. She has thrown around her sketches of scenery and life in the new El Dorado of Australia all the charm of romance.

"She is equally at home," to quote the words of the *Home Journal*, "in her portraiture of the comparative refinement of the colonial capitals, or in the more exciting scenes of adventure encountered during her residence in remote settlements, all of which she depicts in an animated, unpretentious style, at once fresh and evidently truthful. The natural productions of the country, the habits, manners and mode of living of the colonists, are described with great skill and powers of observation, making the book an interesting compendium of valuable information."

THE MOTHER AND HER OFFSPRING. By Stephen Tracy, M.D. 12mo. pp. 360. New York: Harper & Brothers.

After a perusal of the various Hydropathic works on Pregnancy, Midwifery, Children, etc., by Dr. Shaw; and The Parent's Guide, by Mrs. Pendleton; Maternity, by Mr. Fowler; Infancy, by Dr. Combe, and the Hydropathic Encyclopedia, by Dr. Trall, it would seem that anything in addition on the subject would be superfluous. But we feel confident that the present work will serve as a lamp to light the way of many in need of the information it contains. A cotemporary says:

"The author speaks in terms of proper reprehension of the stupid practice of feeding new-born children on gruel, pap, &c., with the idea that they are suffering from hunger—thus almost certainly originating flatulence and colic. A child should not, when the mother has milk, touch any other nourishment than what her breast supplies, unless cold water may be called nourishment, which should be given occasionally, especially if the babe seems feverish and restless. As soon as the mother's strength will allow of it, the child should be put to the breast, and it will find there a thin fluid suitable for its first needs. The common practice of dosing the mother immediately after the birth of the child is another relic of the dark ages."

ELEMENTS OF RHETORIC: Adapted for the Use of Colleges and Academies, and for Private Study. By Henry N. Day, Professor of Rhetoric in Western Reserve College, Ohio. Second Edition. New York: A. S. Barnes & Co.

This Treatise on Rhetoric differs, in several important particulars, from all other works on the subject in the English language. First, Invention is treated as a distinct and primary department of Rhetoric. In other works, *manner* is made almost the sole subject of attention, while in this, *matter* has a prominent place. Second, an attempt is made, and we think a successful one, to reduce the principles of Rhetoric to a more exact system. Third, the work is prepared with a special reference to *practical* instruction in Rhetoric, as an art, and not merely as a science. The hasty examination we have been able to give it has impressed us favorably. Teachers and others interested, will do well to examine the work.

THREE TALES: Christine Van Amberg, Resignation, and The Village Doctor. By the Countess D'Arboursville. Translated from the French. By Maunsell B. Field. New York: Harper & Brothers. 1853.

Nothing finer, of its kind, than the first of these Tales, has fallen in our way for a long time. There is a touching sweetness about it, which finds its way at once to the heart, its construction is eminently dramatic; it is full of the most exquisite word-painting, and has, throughout, a tone of unaffected truthfulness, which is refreshing. It is as unlike the ordinary French tales as is possible, reminding us constantly of the best of the German stories. Of the other two Tales we cannot speak from personal knowledge, having not yet found time to read them; but they are highly spoken of. As they are from the same author, they can hardly fail to be good.

CARLOTTA AND THE SANFEDISTI; or, a Night with the Jesuits at Rome. By Edmund Farrere. New York: John S. Taylor. 1853.

This is another of the controversial novels of the day, and is intended as a kind of *expose* of the principles and policy of the Catholic Church, and, especially, of the order of the Jesuits. Of the merits of the work, in a polemical point of view, it does not come within our province to speak. It is written with considerable power, and will be read with deep interest by those who have a taste for the class of works to which it belongs.

**Varieties.**

HOW SHE DID IT.—"I never undertook but once," said Tom, "to set at naught the authority of my wife. You know her way—cool, quiet, but as determined as ever. Just after we were married, and all was nice and cosy, she got me in the habit of doing all the churning. She never asked me to do it, but then the way it was done was just in this way. She finished breakfast before me one morning, and slipping away from the table, she filled the churn with cream, set it just where I couldn't help seeing what was wanted. So I took hold regularly enough, and churned till the butter had come. She didn't thank me, but looked so nice and sweet about it that I felt well paid.—Well, when the next churning day came along, she did the same thing, and I followed suit and fetched the butter.—Again and again it was done just so, and I was regularly in for it every time. Not a word, you know, of course. Well, by-and-by this began to be rather irksome. I wanted she should ask me, but she never did, and I couldn't say anything about it to save my soul; so on we went. At last, I made a resolve that I would not churn another time, unless she asked me. Churning day came, and when my breakfast—she always got a nice breakfast—when that was swallowed, there stood the churn. I got up, and standing a few minutes, just to give her a chance, put on my hat and walked out of doors. I stopped in the yard to give her time to call me, but never a word said she, and so with a palpitating heart I moved on. I went down town, and all over town, and my foot was restless as Noah's dove. I felt that I had done wrong, I didn't exactly feel how; but there was an indescribable sensation of guilt resting on me all the forenoon. It seemed as if dinner time never would come, and as for going home one minute before dinner I would sooner have cut my ears off. So I went fretting and moping around town until dinner hour came. Home I went, feeling

very much as a criminal must when the jury is out, having in their hands his destiny for life or death. I couldn't make up my mind exactly how she would meet me, but some kind of a storm I expected.

"Will you believe it! she never greeted me with a sweet smile, never had a better dinner for me than on that day; but there stood the churn just where I left it! Not a word was said. I felt confoundedly cut, and every mouthful of that dinner seemed as if it would choke me. She didn't pay any regard to it, however, and went on just as if nothing had happened. Before dinner was over I had again resolved, and shoving back my chair, I marched to the churn and went at it in the old way. Splash begun the butter paddle, splash, splash; but as if in spite, the butter was so long coming! I supposed the cream standing so long had got warm, so I redoubled my efforts. Obstinate matter—the afternoon wore away while I was churning. I paused at length from real exhaustion, when she spoke for the first time:—Come, Tom, my dear, you have rattled that butter-milk quiet long enough, if it is only for fun you are doing it! I knew how it was in a flash; she had brought the butter in the forenoon, and left the churn standing with the butter-milk in it, for me to exercise with. I never set myself up in household matters after that."—*Equal Rights*.

[Pretty well done. But why not get a churning machine, and have that kind of work done by horse power, steam, or dog power? For a few dollars, Messrs A. B. ALLEN and Co., N. Y., would furnish all the machinery, which would outlast several generations of human churners, and do the work well. We believe in these labor-saving machines. They are quite as necessary for "house-work" as for farming. We now have mowing machines, reaping machines, thrashing machines, and ever so many other working machines for doing the heavy jobs of "out-door work," and we can see no reason why the inventive skill should not be applied to the production of in-door labor-saving machinery. But till it is done, let Tom do the churning.]

**REFORM YOUR DOCTOR'S BILLS.**—How to pay honestly and fairly for medical advice may have been a problem to a few of our readers, most of whom, being entirely constitutional, have had few dealings with the doctor. A help towards the solution thereof has been furnished in an extract from a letter in the *Morning Herald*, the writer of which, speaking of California practice, says that "for three 'ahems!' and a 'h:' he paid in August last twenty-seven dollars." Hence may be derived a scheme for the reformation of doctors' bills. To charge a shilling or eighteen pence for a draught, consisting of rose, holding a neutral salt in solution, value one penny, would be a monstrosity, did we not know that the practitioner's education, knowledge and abilities are supposed to be dissolved along with Magnes. Sulph. in the Infus. Rose. But this is merely a supposition. You can't dissolve medical science and skill, either in Infus. Rose, or Mist. Campher, or Aqua Pump. Why, then, should not medical practitioners follow out the California notion, and charge for their opinions, as expressed in their interjections? As for instance:

Humph!	2s. 6d.
Ha!	1s. 6d.
Oho!	3s. 0d.
Indeed!	4s. 6d.
Well, Well!	5s. 0d.

The idea might be extended, so that the scale of fees should rise proportionally with the elongation of the professional utterance, as thus:

Put out your tongue,	6s. 8d.
Let me feel your pulse,	13s. 6d.

But here we forbear, considering that our recommendation to charge—addressed to doctors—must appear to patients rather like the exhortation, "Up, guards, and at them!"—*London Punch*.

**WESTERN ELOQUENCE.**—*Fellow Citizens*—I didn't come here to make a speech at this time, but only jest to extinguish myself as a candidate. Gentlemen, I am the floating candidate for the superfluous district, and I only want to make a few remarks at this time. A good many of you, gentlemen, has never seen me before, and I merely want to state my views upon the questions to be agitated. Gentlemen, I was born in the county of Sullivan, and fetched up in Knox, without parentage, and if it hadn't been for the goodness of my grand-mother, and several other gentlemen, who took me, when but an orphan boy of twenty-five years of age,

and gin me an education, I might have been as ignorant as the common people; or even you, gentlemen.

Gentlemen, my father was a patriarch of the Revolution, and I am a patriarch. Gentlemen, my father stained the walls of America with his blood; and when General Jackson killed the Injuns, at Orleans, I waded up to my knees in mud. Gentlemen, I am opposed to nullification. Gentlemen, I would rather be a galipot slave, than be a nullifier. Gentlemen, I haint got time to give you my views now, but I'll call on you again in a few days. But, gentlemen, there is a sort of bigbugs that's trying to put me down, but I defy 'em, gentlemen. I hope to be delivered out of the hands of my enemies as Moses was delivered out of the hands of the bulrushes. Gentlemen, come across the square, and take something to eat, and we'll git better acquainted.

**SIGNS OF RAIN.**—In the year 1810, the writer of the following lines was asked by a lady if he thought it would rain to-morrow. He made the reply here given:

The hollow winds begin to blow;  
The clouds look black, the grass is low;  
The soot falls down, the spaniels sleep,  
And spiders from their cobwebs creep—  
Last night the sun went pale to bed,  
The moon in halos hid her head—  
The boding shepherd heaves a sigh,  
For see, a rainbow spans the sky;  
The walls are damp, the ditches smell,  
Closed is the pink-eyed pimpernel;  
The squalid toads at dusk were seen  
Slowly crawling o'er the green;  
Loud quack the ducks, the peacocks cry,  
The distant hills are looking nigh;  
Hark, how the chairs and tables crack,  
Old Betty's joints are on the rack;  
And see yon rooks how odd their flight,  
They imitate the gliding kite,  
Or seem precipitate to fall  
As if they felt the piercing ball;  
How restless are the snorting swine,  
The busy flies disturb the kine;  
Low o'er the grass the swallow wings,  
The cricket, too, how loud she sings;  
Puss on the hearth, with velvet paws,  
Sits wiping o'er her whiskered jaws;  
'Twill surely rain, I see with sorrow,  
Our jaunt must be put off to-morrow.

### A DUTCH CURE.

VEN I lays myself town in my lonely ped room,  
Und dries for to shleep very sound;  
De treahns, oh, how into mine het dey vill come,  
Till I vish I vas under te ground.

Sometimes, ven I eats von pig supper, I treams  
Dat mine shtomak is fill full of shtones;  
Und out in my shleep, like de tival, I schreams,  
Und kicks off te ped clothes and groans!

Den dere, ash I lays, mit te ped clothes all off,  
I kits myself all over froze;  
In de morning I vakes mit te het ache und koff,  
Und I'm shick from mine het to mine toes.

Oh, vat shall pe tun for a poor man like me—  
Oh, vat for I leat such a life!  
Some shays dere's a cure for dis trouble of me—  
Dinks I'll dhry it und kit me a wife.

THE *London Military Gazette* has made the discovery that wearing moustaches is conducive to health—the moustache acting as a part of the breathing apparatus, and absorbing the cold air before it enters the nostrils, and consequently rendering the wearer less liable to consumption.

THE *Sunday Mercury* says:—"We like to see a young lady walk as though a flea was biting her on each hip; it is fascinating. She is just the match for the dandy, who steps like an open-winged turkey, travelling over a bed of hot ashes."

THE *Sheboygan News* advertises "300 Kookkagchel-stekoop" for sale. The *Milwaukee News* editor says he will take a dozen.

## THE WATER-CURE JOURNAL,

AND

### HERALD OF REFORMS.

PROSPECTUS OF VOL. XVI., Commencing July, 1853.

**HEALTH**—the normal and harmonious Action of all the Elements of our Being. Physical, Intellectual, Affectional, and Social, is the Great Want and Demand of the Age. This Want finds its Satisfaction and this Demand its Supply in a Knowledge of the LAWS OF LIFE, or a true PHYSIOLOGY; the NATURE and CAUSES of DISEASE, or a true PATHOLOGY; the modes of PURIFICATION and INVIGORATION, or a TRUE SYSTEM of MEDICAL PRACTICE.

These and kindred subjects, constituting the PHILOSOPHY of HEALTH, and comprising the LAWS of PHYSICAL, MORAL and INTELLECTUAL DEVELOPMENT, are the especial sphere of the WATER-CURE JOURNAL; but all that can promote the great design of human happiness, may be included under its sub-title of **HERALD OF REFORMS**.

Our Platform is a broad one, and our Plan of Operations comprehensive. All subjects connected with the PHILOSOPHY of HEALTH—Diet, Exercise, Cleanliness, Ventilation, Dwellings, Clothing, Education, Occupations, Amusements, and Social Relations—all that makes that complex thing called Life.

HYDROPATHY will be fully unfolded, and so explained that all may apply it in various diseases, even those not curable by any other means. The Water-Cure is not equalled by any other mode of treatment in those peculiar complaints common only to WOMEN. The JOURNAL will contain such advice and instruction as may be considered most important in all these critical yet unavoidable cases.

Without HEALTH, even life is not desirable, unless a remedy can be found. To preserve health, no other mode of living can compare with this system. In fact, were its rules observed and carried out, many of our ills would be forever banished, and succeeding generations grow up in all the vigor of true manhood. It will be part of our duty to teach the world how to preserve health, as well as cure disease.

REFORMS in all our modes of life will be pointed out, and made so plain that "he who runs may read." We believe fully, that man may prolong his life much beyond the number of years usually attained. We propose to show how.

Particular directions will be given for the treatment of ordinary cases at Home, which will enable all who have occasion to apply it without the aid of a physician.

Let it be borne in mind, that the WATER-CURE JOURNAL is a thoroughly POPULAR WORK, and not the Organ of a Profession or Sect. Its aim is to make every reader acquainted with the Structure, Functions, and Relations of his own Body; and to be to every one an unerring Guide in the Preservation of Health, or its Restoration.

While the achievements of the PAST are the best promise of the FUTURE, we may intimate, that it is our intention to give in our own works, an example of the PROGRESS, REFORM, AND IMPROVEMENT, which we would promote in the most vital interests of men and of society, endeavoring to make our progress correspond with that of the WONDERFUL AGE in which we live.

Believing the HEALTH REFORM to be the needed basis of all Reforms; believing that the PREVENTION OF DISEASE is easier and better than its CURE; believing that HYDROPATHY, for these ends, is destined to take the place of all other systems; believing, also, that no agency can be more efficient in extending a knowledge of its principles, than the WATER-CURE JOURNAL, we rely upon the FRIENDS of the CAUSE of HUMAN ELEVATION to continue their exertions until a copy is within the reach of EVERY FAMILY IN THE UNITED STATES.

THE JOURNAL will be published on the first of each month, on the following extremely low

#### TERMS IN ADVANCE:

Single Copy, one year, \$1 00 | Ten Copies, one year, \$7 00  
Five Copies, one year, 4 00 | Twenty Copies, 1 year, 10 00

Please address all letters, POST-PAID, to

FOWLERS AND WELLS,  
Clinton Hall, 131 Nassau-st., New York.

WATER-CURE JOURNAL. Our notice of this work has been accidentally delayed. Our opinion of it, however, has often been expressed, and has undergone no change. We regard it as one of the most valuable periodicals issued from the American Press.—*Pennsylvania Freeman*.

The WATER-CURE JOURNAL should be put down, or some of the doctors will starve.—*Nashville Oasis, N. H.*

## Advertisements.

A LIMITED space of this Journal will be given to advertisements, on the following terms: for a full page, one month, \$15. For one column, \$10. For half a column, \$12. For less than half a column, twenty-five cents a line.

All Advertisements for this Journal should be sent to the publishers by the first of the month preceding that in which they are expected to appear.

## Water-Cure Establishments.

**HYDROPATHIC AND HYGIENIC INSTITUTE.**—Dr. TRALL receives patients at his commodious establishment, 15 Light street, New York, (the oldest and most extensive City Water-Cure in the United States), one door from the beautiful promenade grounds of St John's Park. The establishment has recently been enlarged by the erection of a rear building, and the addition of the spacious double house adjoining, so that nearly one hundred patients can now be accommodated. The buildings are warmed throughout by steam-pipes, thus securing any required degree of temperature and obviating the annoyance of dust and smoke from grates and stoves.

In addition to the usual appliances for full Water treatment, he has, with the assistance of Dr. J. L. HOSKIN, established a department for the special management of those female diseases which are incurable without peculiar mechanical and surgical treatment. Consultations and city practice attended to as heretofore.

**DR. SHEW**, being under the necessity of leaving for a time the arduous duties of his city practice, will spend the summer at Lebanon Springs, Columbia County, New York, where, in connection with Mr. DAVID CAMPBELL, proprietor of the Water-Cure Establishment at that place, he will receive patients for board and treatment. The establishment at Lebanon Springs is now open, and Dr. Shew will be there early in May.

**YELLOW SPRINGS WATER-CURE ESTABLISHMENT**, Green County, Ohio. The public are respectfully informed that the above establishment is now in full operation. It is located one mile south of the town of Yellow Springs, and a few rods east of the Little Miami Railroad, in an extremely healthy and romantic region of country, noted for its pure and bracing atmosphere. The buildings were erected for their present purpose. The rooms are large, well furnished, and perfectly ventilated, having 160 acres of land attached, which is principally wood-land; there is plenty of shade for pedestrian exercise.

The establishment can accommodate over one hundred patients, attached to which is a well-furnished Gymnasium, a large outdoor swimming bath, with other recreations which will enable our patients and visitors to pass their time agreeably and pleasantly, in varied and health-restoring amusements.

The Medical Department is under the care of A. Cheney, M.D., and G. W. Bigler, M.D.

Terms.—For board and treatment, \$8 per week, paid weekly; patients requiring extra attention will be subject to extra charge.

Patients are requested to bring two cotton and one linen sheet, three comforts, one blanket, and four towels. Patients not bringing the above will be charged 50 cents per week extra.

The establishment can be reached by Railroad from almost every direction. Persons will please notify the conductor on the cars of their destination, who will leave them at the Water-Cure Station, a few rods from the house.

Further information will be given on application, by letter or otherwise, to Dr. Cheney & Co., at the premises, or to G. W. Bigler, M.D., or to E. Ehrman, M.D., Cincinnati, Ohio. May, 31.

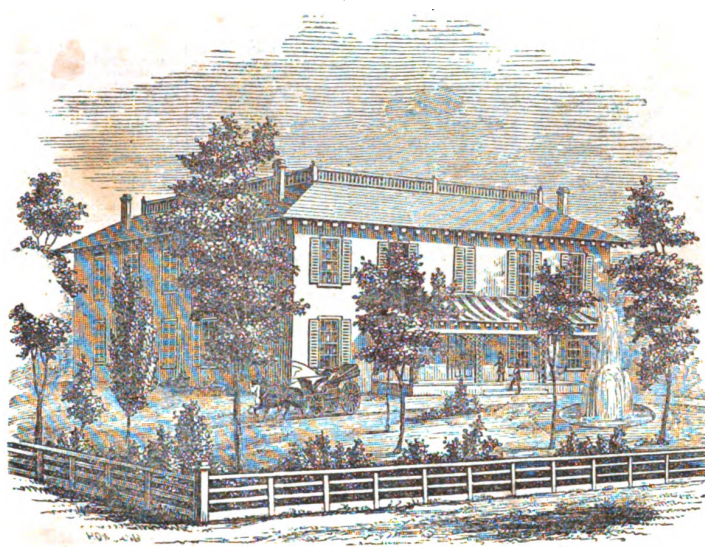
**CLEVELAND WATER-CURE ESTABLISHMENT.**—The above establishment still continues in successful operation; having already entered upon its sixth season. The largely increased number of patients treated at the Establishment the past year, over any previous year, and the increased rapidity and proportion of cure, induce the subscriber to believe that his enlarged experience and opportunities for treatment, give facilities to the invalid rarely equalled. Diseases peculiar to females are treated with a success and rapidity of cure believed to be unsurpassed by none. May, 31. T. T. SERLEY, M.D., Proprietor.

**CONCORD WATER-CURE, CONCORD, N. H.**—Dr. VAIL'S ESTABLISHMENT, at the Capital of the "Granite State," will be found open winter and summer. No place affords to the invalid superior advantages for treatment. The building is undergoing improvements, and the Dr. will spare no pains for the health and comfort of his patients. Letters of inquiry will be answered without charge. If a prescription for home treatment is desired, a fee of \$5 will be expected. The charges for treatment will be moderate. Patients must furnish two comfortable, two woollen blankets, three coarse sheets, towels, &c., or hire them at the Establishment. April, 15.

**HIGHLAND HOME WATER-CURE, St Finkhill Landing, Duchesne Co., N. Y.** O. W. MAY, M.D., Proprietor.

The pure air and water, beautiful scenery, fine large alfalfa, an easy access from every direction, combine to render this a desirable place for those who need hydropathic treatment. This establishment is intended more particularly for the cure of female diseases; but all other remediable diseases are here treated successfully. If.

**Mrs. HESTER A. HORN, WATER-CURE PHYSICIAN.** Graduate of the American Hydropathic Institute, will open a Water-Cure house, on the first of May, at No. 9 Abingdon Place, one door from Hudson street, especially for the treatment of the chronic diseases of women, and cases of childbirth. Day patients received, and city practice attended to. May, 15.



WYOMING WATER-CURE INSTITUTE.

The establishment is pleasantly situated on the western range of hills which rise abruptly from the valley of Wyoming.

A wide gorge, in front of the house, reveals the village and valley below to view; while, in the distance, the hills, covered with field and forest, stand in bold relief against the eastern sky.

The house is surrounded by more than two hundred shade and ornamental trees, including a large grove of the White Mulberry, in which stands the gymnasium building. This building is one hundred feet in length by twenty-five in width; it is furnished with a great variety of apparatus, and was erected expressly for the exercise and amusement of patients.

The grounds comprise a large extent of gravelled walks and roads, and a garden of more than an acre, laid out last season, and stocked with a variety of fruits, flowers, berries, etc.

A new garden, and new walks and roads, are to be added early this season. The springs afford a bountiful supply of the finest water; they are situated in the border of a grove, about sixty rods from the house, and at the head of the long, gravelled walk leading from the house through the garden and orchard.

We have been very successful in treating the following classes of chronic disease: inflammation of the eyes, nervous diseases, fever and ague, palpitation of the heart, dyspepsia, consumption, asthma, hemorrhage of the lungs, skin diseases, and scrofulous disorders.

In the chronic diseases of females, we have been eminently successful; and we invite

all sufferers of this class, even if they can neither stand nor walk, or if they have been bedridden for years, to give our mode of treatment a trial. Cases for confinement will be received, and carefully provided for, when desired.

Dr. Hayes, the physician, is a graduate of the JEFFERSON MEDICAL COLLEGE, Philadelphia, and adds to a thorough knowledge of the science of medicine, an experience of four years as the physician of a first class Water-Cure.

Patients must bring for use in treatment, two linen sheets, one woollen sheet, two comfortable, and four towels.

TERMS.—\$5.50 to \$8.00 per week, according to room and attendance. Bills must be settled every Saturday morning. We shall, as heretofore, waive full charge in favor of indigent and worthy persons. Such will please make application before coming.

Patients from the West stop at Linden, on the Buffalo and New York City Railroad, where they can easily obtain conveyance at the station to the establishment; or by giving previous notice, the proprietor will send his own carriage for them; distance five miles. Persons coming from the East stop at Warsaw. A stage runs daily from Warsaw to Wyoming, leaving after 10 o'clock, A.M. Those who give previous notice, will be met at Warsaw by the proprietor's carriage. Distance six and a half miles. A horse and carriage is kept at the establishment for the use of patients, at moderate rates.

Wyoming, June, 1853. P. H. HAYES, M.D.

**MOUNT PROSPECT WATER-CURE, BINGHAMTON, BROOME Co., N. Y.**—This retreat for the sick is fitted up in prime order for giving treatment in winter. Our terms are less than at any establishment having the same advantages in this country, from \$4 to \$7 per week, according to room and attention required. O. V. THAYER, M.D., Resident Physician. H. M. RANNEY, Proprietor. Feb. 15.

**EASTHAMPTON WATER-CURE.**—Is in the most beautiful village in Massachusetts, near the Williston Seminary. Carriages from the house will be found at Holyoke or Northampton Depot, on the Connecticut River Railroad. Patients should inquire at these places for Easthampton Express. Patients will bring three sheets, two blankets, two comfortable, and some towels. Terms, \$6.00 per week. Examination fee \$2.00. Galvanism will be applied where it will be useful. For further particulars apply to Dr. Snell for a circular. April, 15. DR. E. SNELL, Proprietor and Physician.

**THE SUGAR CREEK FALLS WATER-CURE, Tuscarawas Co., O.** 13 miles south of Massillon. Under the charge of Dr. FARRAR. Is supplied with soft Spring water. The success which has thus far attended our efforts, enables us to speak with confidence to the afflicted. It is conducted on pure Hydropathic principles. Terms: \$5 per week. Post-office address: Dearborn's Mills, Tus. Co., O. Each patient should bring 1 linen and 2 cotton sheets, 2 wool blankets, 2 comfortable, and some towels. mch, 41.

**DR. R. WESSELHOET'S WATER-CURE, AT BRATTLEBORO, VT.** will be conducted for the coming season by Mrs. F. WESSELHOET, assisted by the administrators of her late husband.

Dr. E. FARRAR, for two years favorably known as Consulting Physician of the establishment, will be continued in that capacity, and patients may rest assured no pains will be spared to promote their health and comfort. Mrs. F. WESSELHOET. May, 31. L. G. MEAD, N. B. WILLISTON, Administrators.

**ATHOL WATER-CURE, MASS.—TETUS:** \$5 per week. For further information, address Geo. FIELD, M.D. mch, 41.

**ELMIRA WATER-CURE.**—By Dr. S. O. & Mrs. R. B. GLEASON, M.D. Address S. O. Gleason, M.D., Elmira, N. Y. May, 15.

**FORESTVILLE WATER-CURE, at Forestville, Chataque Co., N. Y.** eight miles from Dunkirk, on the New York and Erie Railroad. The house is new, commodious, and the rooms pleasant and airy. Every facility will be afforded the patient to make this stay pleasant, and favor the restoration of lost health. Terms, from \$5 to \$8 per week, payable weekly. Consult CHARLES PACKER, M.D., Proprietor. June 15.

**WATER-CURE AT NEW IPSWICH, N. H.**—Mrs. AMOS HATCH receives patients, and treats them by Water-Cure alone, at a pleasant farm residence three miles from the village of New Ipswich, N. H. June 15.

**THE ORTHOPEDIC INSTITUTION,** connected with Dr. R. Wesselhoet's Water-Cure at Brattleboro, Vermont, is open for the admission of sickly and deformed children. Terms made known on application to Mrs. F. Wesselhoet, or Dr. E. FARRAR. May, 31.

**WANTED.**—A situation as assistant in, or to take charge of, a Water-Cure, or to engage in general practice, by one who has had charge of an establishment. Address WATER-CURE, East Medway, Mass. May, 15.

**BROWNSVILLE WATER-CURE ESTABLISHMENT.**—Dr. C. BARKS continues to treat Chronic Diseases successfully at his establishment near Brownsville, Pa. Terms: \$4 per week, payable weekly. mch, 41.

**GRANVILLE WATER-CURE.**—For the treatment of Diseases of Females. Address—W. W. BANCROFT, M.D., Granville, Licking Co. Ohio. Apl. 31.

**NEW GRAEFENBERG WATER-CURE.**—No Cure, No Pay.—For further particulars, address R. HOLLAND, M.D., New Graefenberg, N. Y. Jan. 15.

**DR. BEDONTHA'S WATER-CURE ESTABLISHMENT** is at Saratoga Springs. Aug. 15.

**MISS M. H. MOWRY, PHYSICIAN, No. 23 South Main street, Providence, R. I.** Mch 10.

**AUBURN WATER-CURE, Auburn, Macon Co., Ala.** Dr. WM. G. REED, Mrs. M. A. Torbet, Physicians. April, 15.

**FOR SALE, THE WATER-CURE ESTABLISHMENT** at PHILADELPHIA, BEAVER COUNTY, PA.—Family circumstances induce the undersigned to offer for sale his well-frequented and favorably known Hydropathic Establishment.

Philadelphia is a healthy and beautifully situated village on the east side of the Ohio River, 35 miles below Pittsburgh, and opposite the village of Rochester, the Depot of the Ohio and Pennsylvania Railroad, with a good steamboat landing, and telegraph office, &c. The Establishment has accommodations for 35 patients. The main building is surrounded by one and a half acre of ground, with shrubbery, ornamental and fruit trees, a bowling alley, saloon, and other requisites. The water is clear and abundant. For particulars, address Dr. EDWARD ACKER, Rochester, P. O., Beaver County, Pennsylvania.

**WATER-CURE AT COLD WATER, MICH.**—Beautifully situated half a mile from the village, near the Mich. S. R. R. All letters post paid, addressed Dr. J. B. Gully, will receive immediate attention. DR. JOHN B. GULLY, Proprietors. N. T. WATERMAN, June 31.

**CINCINNATI WATER-CURE, five miles from the City, on the Cincinnati & Dayton Rail Road, and but a few rods from the Carriage Depot.** This large and flourishing Institution is open Summer and Winter for the reception of patients. Terms, from 8 to 10 dollars per week, for further particulars address D. A. PRASER, M.D. Carthage, Hamilton Co., Ohio. June, 15.

**WORCESTER WATER-CURE INSTITUTION, No. 1 Oliver Street.**—This building was erected expressly for Hydropathic purposes, and embraces all the conveniences necessary for the improvement and enjoyment of patients. Terms usually, for full board and treatment, from \$7 to \$9 per week. For out of door treatment \$3 per week. This Institution is under the medical direction of Dr. HORT during the absence of Dr. ROOMS. May, 15.

## Business Advertisements.

**THE WATER CURE JOURNAL.**—A NEW VOLUME commences with the July number. Published monthly, illustrated with engravings, exhibiting the structure, anatomy, and physiology of the human body, with familiar instructions to learners. It is a complete Family Guide in all cases and in all diseases. Terms.—Only One Dollar a Year, in advance. Please address, post-paid, FOWLER AND WELLS, No. 121 Nassau-st., New York.

## EDITORIAL NOTICES.

**FROM THE NEW YORK TRIBUNE.** "THE WATER-CURE JOURNAL holds a high rank in the science of health; always ready, straightforward, and plain-spoken, it unfolds the laws of our physical nature, without any pretensions to the technicalities of science, but in a form as attractive and refreshing as the sparkling element of which it treats."

**FROM THE FOUNTAIN JOURNAL.** "Every man, woman, and child, who loves health, who desires happiness, its direct result, who wants to 'live while he does live,' 'live till he dies,' and really live instead of being a mere walking corpse, should become at once a reader of this Journal, and practice its precepts."

**FROM THE NEW YORK EVENING POST.** "THE WATER-CURE JOURNAL.—This is, unquestionably, the most popular health Journal in the world."



**THE NEW ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA.** A Family Guide, in Health and Disease. In Two Volumes. Volumes, with nearly one thousand engravings, and upwards of three hundred illustrations, by R. T. TRAILL, M.D. Price, \$5.50. Just published by FOWLER & WELLS, 131 Nassau Street, New York.

"For popular reference, we know of no work which can fill its place. Without any parade of technical terms, it is strictly scientific; the language is plain and simple; the points explained are of great importance. Of all the numerous publications which have obtained such a wide popularity, as issued by Fowler and Wells, perhaps none are more adapted to general utility than this rich, comprehensive, and well-arranged Encyclopedia."—N. Y. TRIBUNE.

"Common sense pervades the whole work, and much useful information concerning the laws of life and health may be derived from it. It is just such a work as the people require."—EVENING MIRROR.

The Encyclopedia may be received at any post office, by return of the first mail. Postage on the two volumes, prepaid, 50 cts.

FOWLER & WELLS have all works on the WATER-CURE. Also, on Physiology, Phrenology, and the Natural Sciences generally. AGENTS WANTED. *U. S.*



### THE PHRENOLOGY

BEST DEMONSTRATED BY THE LECTURER: Showing the exact location of all the Organs of the Brain fully developed, which will enable every one to study the science without an instructor. It may be packed and sent with safety by express, or by freight, (not by mail,) to any part of the world. Price, including box for packing only \$1.25.

"This is one of the most ingenious inventions of the age. A cast made of plaster of Paris, the size of the human head, on which the exact location of each of the Phrenological organs is represented, fully developed, with all the divisions and classifications. Those who cannot obtain the services of a phrenologist, may learn a very short time, from this model head, the whole science of Phrenology, so far as the location of the organs is concerned."—New York Daily Sun.

**BOOKS ON AGRICULTURE, HORTICULTURE AND GARDENING.** For sale by FOWLER & WELLS, Clinton Hall, 131 Nassau St., New York.

These Works will be sent, postage prepaid, by mail, on receipt of the price annexed.

**COMPLETE FARMER AND AMERICAN GARDENER.** A Complete Encyclopedia, containing a Comprehensive Epitome of the most important Branches of Agricultural and Rural Economy; with Practical Directions on the Cultivation of Fruits and Vegetables; including Land and Water, and Ornamental Gardening. By THOS. G. FENSCENDEN. 2 vols. in one. Price, prepaid by mail, \$1.50.

**STEPHENS' BOOK OF THE FARM—A Complete Guide to the Farmer, Steward, Plowman, Cattleman, Shepherd, Field Worker and Dairy Maid.** By Henry STEPHENS. With Four Hundred and Fifty Illustrations, to wit: a complete and accurate Voice, Remarks, &c., by J. S. Skinner. Really one of the best books for a Farmer. Price, by mail, \$3.00.

**PRACTICAL AGRICULTURE—Being a Treatise on the General Relations which Science bears to Agriculture.** Delivered before the New York State Agricultural Society, by J. W. JOHNSON, F.R.S., with Notes and Explanations by an American Farmer. Price, 87 cents.

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**FAMILY KITCHEN GARDENER.** Containing Plain and Accurate Descriptions of all the different Species and Varieties of Cultivated Vegetables, with their Botanical, English, French and German names, alphabetically arranged, and the best mode of cultivating them in the garden, or under glass; also, Descriptions and Characters of the most Select Fruits, their Management and Propagation. By ROBERT BUSH. Price, 87 cents.

**JOHNSTON'S AGRICULTURAL CHEMISTRY.** Lectures on the Application of Chemistry and Geology to Agriculture. New edition, with an Appendix. \$1.50.

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FOWLER & WELLS will supply all Works published in the States, and import from Europe, by every steamer, any publication in print. Address all orders, post-paid, as above.

**THE WORKING FARMER—A Monthly Periodical, devoted to Agriculture, embracing Horticulture, Floriculture, Kitchen Gardening, management of Hot-Houses, Green-Houses, &c.** Edited by Prof. J. J. MAPES. Price \$1 per annum, PAYABLE IN ADVANCE. This Journal has just completed its fourth year. No. 1, vol. IV., will be issued March 1st.

The first four volumes may be had of the publisher. Address, post paid, by mail, FRED. MCCREARY, 143 Fulton St.

**EMPLOYMENT, PLEASANT AND PROFITABLE.**—Young men in every county, town and village in the United States may find a safe and profitable employment for their time and money, (say \$25, \$50, or \$100). For particulars, address, post-paid, FOWLER & WELLS, Clinton Hall, 131 Nassau Street, New York.

**PHYSIOLOGICAL INSTITUTE FOR YOUNG LADIES.** at Forest City, Tompkins Co., N. Y. The object of this Institution is to give both health and knowledge—to educate both body and mind, and to furnish a school in which young ladies of feeble health can be educated, and at the same time acquire that degree of bodily health which will render life a blessing. Forest City is beautifully situated on a road leading from Auburn to Ithaca, near the latter place. The buildings of the Institute will accommodate one hundred persons. It has a large Gymnasium and other places for indoor exercise. Facilities for rowing and swimming afforded. The Water-Cure Department will be continued. Mrs. Stephens, an educated Hydropathic Physician of much experience, will make all examinations and prescriptions for ladies. Dr. Stephens yields to none in a scientific knowledge of the principles and practice of the Water-Cure.

**STUDIES IN INSTITUTE.** MATHEMATICS.—Arithmetic, Algebra, Geometry, Trigonometry, Mensuration. LANGUAGES.—English, French, Latin and Greek, with Etymology, Rhetoric and Composition. NATURAL SCIENCES.—Anatomy, Physiology, Chemistry, Geography, Geology, Astronomy, &c. HISTORY.—Ancient History, History of Greece, Rome, France, England and America.

TEACHING.—Calisthenics, Gymnastics, Music, Drawing and Manners, including the art of Conversation. TERMS.—The first, second, and third Terms will commence respectively on the first Monday in May, September and January. For Board, Tuition and room rent, \$50 per Term of twelve weeks, payable in advance. Music \$10 per Term extra. Young Ladies committed to our care will be received as members of one family, and have every advantage which science and skill can confer. Address for circulars, references, &c.

Dr. W. M. STEPHENS, M. D., Teacher of Mathematics, History, Languages and Philosophy.  
Mrs. I. P. STEPHENS, Physician and Teacher of Anatomy, Physiology, Calisthenics, &c.  
Miss C. E. YOUNG, Physician and Teacher of Botany, Geography, Drawing, &c.

**MOTOPATHY—A NEW SYSTEM OF THERAPEUTICS.** by which Protrusion Utero, in all its forms, is speedily cured without supports, or any of the usual treatment of the day. It is equally successful in long standing, paralytic, nervous and spinal derangements, and all organic weaknesses, as leucorrhoea, sterility, dyspepsia, &c.

In those cases of partial insanity where the Lunatic Asylum is forbidden, our Institution, with its pleasant and spacious accommodations, its pleasant and agreeable companions, whose kindness and pleasure are among the remedial means, the success of this treatment is truly gratifying to all parties.

A work on Motopathy, and other particulars, can be had by those seeking health and pleasure combined, free of postage, by enclosing 10 cent stamps, directed to H. HARRIS, D. D., Hated Hill, Rochester, N. Y., or of Stricker & Townsend, 232, or Wiley, 157 Broadway, for 25 cents.

The Institution reopened on the 15th of April, 1853. May, 31.

**BOOK FOR BLOOMERS!**—Which should not only be in the hands of every advocate and wearer of the new costume, but of every lover of truth and progress. The reasons for a change in dress are plainly and conclusively given, while objections to it are fully considered and obviated.

A book of 111 pages, full of interest on the subject of female health and beauty, fine composition, &c., with plates, illustrations and designs. Price, postage paid, Mulin, 33 cents, paper 25. Address, post-paid, A. CLARK MERRITT, Somerset, Niagara Co., N. Y. May, 11.

**PENN MEDICAL COLLEGE OF PHILADELPHIA.**—The Fall Session for Female commenced Sept. 1st. Eight Professors constitute the Faculty, whose teachings are Eclectic and Catholic; their doctrine liberal and progressive.

Water holds a high place among their remedial agents. Ten students will be admitted free of charge for Professors' Tickets, under the auspices of the American Female Medical Educational Society. For Announcements, Information, &c., address, ARTHUR SWITZER, M.D., Dean, 329 North 12th Street, Philadelphia.

B. E. This is the PENN College, not Pennsylvania. June 11.

**A CARD.—DR. FELLNER.** late of Brattleboro, has assumed the medical direction of the Orange Mountain Water-Cure Institution, for the ensuing year. C. C. SELIGMAN & BROTHERS, Proprietors, South Orange, N. J. June 11.

**A THRILLING NARRATIVE OF SLAVERY.**—TWELVE YEARS A SLAVE!—THE NARRATIVE OF SOLOMON NORTON, a citizen of New York, Kidnapped and sold into Slavery in Washington City, in 1841, and rescued in 1853, from a cotton plantation near the Red River, in Louisiana, with SIX ILLUSTRATIONS, representing—

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The above Work is now in Press, and will contain upwards of 300 pages, in one 12mo vol., and sold at the price of \$1.00. A large portion of the net proceeds are secured to the author.

Orders from the Trade solicited. Copies sent by mail, soon as ready, post paid. Price to be remitted in advance. Address DEWEY & MILLER, Publishers, 101 N. Y., or DEWEY, JONAS & MILLER, Buffalo, N. Y. June 11.

**OUR BOOKS IN BOSTON.**—New England patrons who wish for our various publications, may all ways obtain them, in large or small quantities, at our Boston establishment, 142 Washington St., or at our New York office, 143 Fulton St. We have on hand a large stock of all works on Physiology, Phrenology, and on the natural sciences generally, including all progressive and Reformatory works.

PHRENOLOGICAL EXAMINATIONS with charts, and written opinions of character, may also be obtained day and evening at our rooms in Boston, No. 143 Washington street, near the old South Church. *U. S.*

**COUNTRY BOOKSELLERS AND STATIONERS,** who wish to obtain new supplies, may save themselves the expense of a journey to our city and back, by remitting orders to the undersigned, with orders for what they wish. All books published in New York, Boston, or Philadelphia, may be had through this office, at publishers' prices. Public and private Libraries will be supplied at the usual discount. STATIONERS, Blank Books, Writing Papers, &c., will also be supplied. To obtain this sort of goods at the lowest rates, cash must be paid at the time of purchase. Works published by the Harpers, Appletons, Putnam, or ourselves, cannot be obtained on exchange account. These publications are not "traded," but sold outright to those who wish. All remittances of large amount should be sent in checks or drafts, payable to our order; or, if sent in cash, it should be sent through some Express Company. FOWLER & WELLS, 131 Nassau Street, New York.

**THE FAMILY MAGAZINE—THE STUDENT**—edited by N. A. Calkins, occupies a broader field than any other Magazine for the family. Its subjects embrace the Natural Sciences, Astronomy, Geology, History, Chemistry, Biography, Travels, Anecdotes, Music, &c. Its aim is to develop intellect, interest and instruction. It contains a large store for learning as will be practically useful.

This work contains 82 large octavo pages, amply illustrated, and is published monthly, at \$1.00 a year, by FOWLER & WELLS, 131 Nassau Street, New York.

**PRACTICAL PHRENOLOGY.**—FOR PROFESSIONAL EXAMINATIONS, call day or evening, at 131 Nassau Street, New York. The Museum is always open, and free to visitors.

**GOODY AND THE COLORED FASHION PLATES.**—Goody's Lady's Book for May, has come to hand. We have no hesitation in declaring that it is a beautiful number. BEAUTIFUL, because it may be expected to be known to Goody's friends, that we say what we think, but it is DECIDEDLY BEAUTIFUL. Now Goody wishes to know what the Ladies think of his FASHION PLATES—so far as we have heard them speak of them, they are deemed exquisite. The illustrations of the Colored Fashion Plates, which are all the work of a very superior manner, as in fact are all the illustrations of the State Journal. The publisher has entitled himself to the substantial gratitude of his lady patrons by restoring those elegant Colored Fashion Plates, which were formerly so attractive a feature of this favorite Magazine.—Maine Sentinel Banner.

Send 25 cents for the May Number, or \$3 for a year's subscription; \$5 for two copies; \$10 for six copies, to L. A. GOODY, 113 Chestnut Street, Philadelphia, Pa. June 31.

**THE STOWELL EVER GREEN SWEET-CORN.**—A quantity of this new and valuable variety, first raised by Professor J. J. MAPES, LL.D., formerly of the University of Pennsylvania, is now on hand, and will be sent to any part of the country, on receipt of all about 10 cents. It is by far the best and most prolific kind of Sweet Corn ever grown. No Farmer should be without it. With ordinary care it will repay cost a hundred times over the first season.

DIRECTION.—A quart of the seed will plant one bushel of an acre, four to five kernels to the hill. Prepare ground well. Cultivate like common corn. It may be planted any time before the middle of June; earlier better.

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"We have long been convinced that sweet corn would prove a superior green fodder to any other; and the only objection to its use has been the small yield per acre compared with other kinds. We are now prepared to recommend the use of Stowell's ever-green corn for the purpose. The stalks are nearly as sweet as the grain, and about the same quantity can be grown to the acre, so that resulting from ordinary sweet corn."

Another advantage claimed for this corn by Prof. Mapes, is that the seedling does not undergo it, so that when desired, it may be kept GREEN AND FRESH ALL THE YEAR ROUND.

[Prof. Mapes, in the "Working Farmer," gives the following directions for preserving the Stowell Ever-Green Sweet Corn:—]

"The ears should be gathered when fully ripe, and the husk should be tied at the nose (silk end), to prevent the corn from drying out. They should be kept in a PLUMP FOR MORE THAN A YEAR, in a dry and cool place. At the dinner of the Managers of the Fair of the American Institute, last year, we presented them with this corn of two successive years' growth, boiled, and there was no perceptible difference between the two. This year we sent to the Fair one stalk containing eight full and fair ears, and could have sent many hundred stalks of six ears each."

Many other commendatory notices might be given. All orders promptly supplied. Address, post-paid, ALFRED E. BEACH, White Plains, Westchester Co., N. Y. April 31.

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Keep constantly on hand a complete Stock of Fowler and Wells' works on Water-Cure, Phrenology, Physiology, and the Reforms of the day. *U. S.*

**DR. WEDDER has returned to Philadelphia.** Office No. 80 North 11th Street. June 31.

### THE CHEAPEST PAPER IN THE WORLD!

**—NEW YORK TRIBUNE.**—The New-York Daily Tribune has completed the twelfth year of its existence on the 6th instant, signified its entrance into its teens by an enlargement of its borders adding fully one-third to its area, and which will require us henceforth to pay more for the white paper on which it is printed than all we receive from its subscribers. And, ample as our income has been, (though less ample than it has been recently reported,) our expenditures for the next year must be larger than our annual income has ever yet been.

We have taken this important step not without reluctance, but upon the maturest consideration. There are thirteen of us concerned in THE TRIBUNE establishment, and a proprietorship of one hundred and seventy more directly employed on the paper—all to be subsisted out of its current income—and this enlargement adds some \$50,000 per annum to our expenses, without necessarily increasing our receipts. Yet we encounter so many complaints of "small type," "too fine print," "bad for the eyes," &c., that we have resolved to risk our all on the enterprise of making a paper which will satisfy many thousands who have hitherto stood aloof, and so enlarge our Subscription and Advertising to secure us a reward for our exertions in the future equal to that we have enjoyed in the past. If we can add one-fourth to our reading matter, and present the whole in fair, clear type of good style, we believe we may nearly double our circulation; and this, though of no direct advantage to us, secures such an increase of our Advertising as will leave us nothing to desire.

It will be noted that we have increased the width, not the number, of our columns. A wide column is more agreeable to the eye and renders advertisements more conspicuous than a narrow one. In this we copy the type of good style, which THE TRIBUNE will henceforth closely parallel in size and general aspect. True, we cannot afford to use such paper on a Daily sold for two cents as they do on theirs which sell for seven cents, but we trust our readers will have no reason to complain, even on this head.

THE SEMI-WEEKLY TRIBUNE was enlarged to the new size of the Daily, and we urge our Country friends who have no daily mail, or think they cannot afford a Daily paper, to give this an examination. We always strive to condense the largest possible amount of useful and interesting matter into our weekly; yet it is physically impossible to compress the equivalent of the entire third of our letters from Europe, Asia Minor, India, California, Mexico, Central America, &c., &c. But all these are given in our Semi-Weekly. There is not another paper issued in the United States which contains so large an amount of mainly original reading for so small a sum; and we trust that, since Postage has been reduced to a mere bagatelle, there are thousands of our friends who have hitherto taken no notice of us, who will hereafter take the Semi-Weekly. We will send a specimen to any one who, without subjecting us to expense, shall see fit to apply for it.

THE WEEKLY TRIBUNE will likewise be enlarged to the new size of the Daily in September next, at the close of its current volume. It will then be the largest Weekly afforded to Clubs for \$1 per annum in the world, and while paper will cost us nearly or quite all that we receive from its Club Subscribers. We shall hope to make it pay by appropriating a small part of the new space we thus create to Advertisements, which, while an enlargement of our means to keep within the narrowest limits. It is issued every Thursday morning, and contains most of the matter of the Daily, with more summary accounts of our Events and Proceedings as cannot be published in full. We think that no Weekly shall surpass this in giving a full, graphic, and faithful account of what is Doing, wherever it is Done, and how it is Progressing.

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To the Weekly Tribune, one year, is - - - \$5  
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\$5 Postmaster, please to keep within the limit, and remit us the money for a club of twenty will be entitled to a copy of The Weekly gratis.

Subscriptions may be forwarded at any season of the year. Address GABLEY and McLEATH, Publishers, Tribune Buildings, New York.

Notes of all specie-paying banks in the United States are taken for subscriptions to this paper. Money inclosed in a letter to our address, and deposited in any Post Office in the United States, may be considered as paid; but a description of the bills ought in all cases to be left with the Postmaster.

The Weekly Tribune is sent to clergymen at \$1 per annum.

**OPINIONS OF THE PRESS.**

**THE N. Y. TRIBUNE.**—This valuable paper, which we are happy in having as a RESEARCH, is certainly one of the best, if not the best, and cheapest papers printed in the United States. Bayard Taylor, one of its editors and proprietors, is now on his way through the Mediterranean and Red Sea, to India, China, &c. His letters alone are worth more than the subscription price. As for news it is unequalled. Its politics need no comment—all know the sentiments of Horace Greeley.—CHRONICLE, Peru.

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